

ALKALINE DIET

— AND —

HERBAL MEDICAL

By Dr. Sebi

**The Complete Guide on How to Reverse Disease
and Save the Healing Through Approved
Dr. Sebi Herbal medicine**

With
**50 Recipes &
Food-list to
Heal Your
Body**



HENRY BEAT

ALKALINE DIET AND HERBAL MEDICAL *By Dr. Sebi*

The Complete Guide on How to Reverse Disease
and Save the Healing Through Approved
Dr. Sebi Herbal medicine

With
**50 Recipes &
Food-list to
Heal Your
Body**



HENRY BEAT

Dr. Sebi Alkaline Diet

*The Complete Guide on How to Reverse
Disease and Save the Healing Through
Approved Dr. Sebi Herbal Medicine,
With 50 Recipes and Food-List to Heal
Your Body*

Henry Beat

Table of Contents

[Introduction](#)

[Chapter 1: Dr. Sebi and The Alkaline Diet](#)

[Who Is Dr. Sebi?](#)

[What Is the Alkaline Diet](#)

[How Does the Alkaline Diet Work](#)

[Chapter 2: Health Benefits of The Alkaline Diet](#)

[Promote Weight Loss](#)

[Improved Kidney Health](#)

[Preventing Cancer](#)

[Preventing or Treating Heart Disease](#)

[Preventing Osteoporosis](#)

[Eliminating Problems Caused By Stress](#)

Chapter 3: Foods of The Alkaline Diet

[Vegetables](#)

[Fruits](#)

[Grains](#)

[Seeds and Nuts \(Including the butters from these seeds and nuts\)](#)

[Oils](#)

Chapter 4: Flavors of The Alkaline Diet

[Sweet Flavors](#)

[Salty Flavors](#)

[Mild Flavors](#)

[Spicy and Pungent Flavors](#)

Chapter 5: Herbs of The Alkaline Diet

[Herb List](#)

[Herbal Teas](#)

[Medicinal Uses](#)

Chapter 6: Simple Alkaline Diet Recipes

[Breakfast Recipes](#)

[Apple Pancakes](#)

[Scrambled Tofu With Veggies](#)

[Quinoa Porridge](#)

[Healthy Granola](#)

[Egg Mushroom Plate](#)

[Chia Seed Fruit Pudding](#)

[Cherry Tomatoes on Sprout Toast](#)

[Fruit Crepes](#)

[Chocolate Chia Pudding](#)

[Super Seed Pancakes](#)

[Apple Quinoa Hot Cereal](#)

[Kale Chickpea Mash](#)

[Sprout Wraps](#)

[Breakfast Salad](#)

[French Toast](#)

[Lunch and Dinner Recipes](#)

[Onion and Bell Pepper Masala](#)

[Tempeh Salad With Lemongrass](#)

[Lentil Stuffed Potato Cakes](#)

[Thai Style Green Vegetable Curry](#)

[Kale and Squash Frittata](#)

[Cauliflower Fried Rice With Kale](#)

[Quinoa Chickpea Vegetable Bowl](#)

[Zucchini Pasta With Onions and Peppers](#)

[Black Bean Salad With Citrus Dressing](#)

[Sweet and Sour Cabbage](#)

[White Beans With Veggies](#)

[Quinoa Bowls With Roasted Vegetables](#)

[Pad Thai With Zucchini Noodles](#)

[Kale Salad With Tahini Dressing](#)

[Quinoa Stuffed Summer Squash](#)

[Soup Recipes](#)

[Jamaican Spinach Soup](#)

[Split Pea Soup](#)

[*Creamy Pumpkin Soup*](#)

[*Black Bean Soup*](#)

[*Curried Cauliflower Soup*](#)

[*Quinoa Vegetables Soup With Kale*](#)

[*Avocado and Butternut Squash Chili*](#)

[*Thai Curry With Vegetables Soup*](#)

[*African Style Walnut Soup*](#)

[*Curried Red Lentil Soup With Dried Cherries*](#)

[*Mexican Quinoa Stew*](#)

[*Curried Chickpea and Sweet Potato Soup*](#)

[*Traditional Stew Recipe*](#)

[*Spicy Lentil Soup*](#)

[*Tomato Basil Soup*](#)

[*Lemon Zucchini Cake*](#)

[*Banana Almond Pudding*](#)

[*Berry Parfait*](#)

[*Pumpkin Pie*](#)

[*Vanilla Coconut Chia Pudding*](#)

[*Alkaline Drink Recipes*](#)

[*Lemon Cucumber Alkaline Water*](#)

[*Ginger Carrot Apple Spinach Juice*](#)

[*Peachy Power Smoothie*](#)

[*Triple Berry Smoothie*](#)

[*Blueberry Basil Smoothie*](#)

[**Conclusion**](#)

Introduction

Life today is hectic, but there is no shortage of food options for the busy individual. Anytime you walk down the aisles in the grocery store, and you will find an array of prepared meals and meals that come in boxes and bags, all for your eating convenience. It seems like every block you travel has at least one restaurant on it. Snack food machines are available everywhere. All of these quick food options has made life more comfortable and has also given the average human being a body full of clogged arteries and fat cells that lead to poor sleep habits and overall bad health habits. The key to longevity is to develop better health habits, and the first line of defense is the consumption of a healthy diet.

The healthy diet that will get you back on track is outlined in this book, which describes the basics of the Alkaline Diet and how it will help you achieve your health goals. The Alkaline Diet is a revolutionary plan that will eliminate the acidity in your body and bring it back to a healthier, alkaline state. This is your first step to rebalancing your body and mind and restoring your good health.

Replacing the foods that cause acid to form in your body with those foods that are more alkaline is the premise of the Alkaline Diet. You will learn what these foods are, how they can help your body, and how to use them in your daily life. There will be information about fruits and vegetables, seeds and nuts, grains, and especially spices and seasonings because food that is good for you should never be boring.

From learning the origins of the Alkaline Diet to seeing how easy it is to fit into your regular daily routine, *this* is the only book you will ever need to learn about the Alkaline Diet and to see how healthy you can really be. You will begin your journey to better health and a better life. Every possible effort has been taken to make this book interesting and informative, so please enjoy it!

Chapter 1: Dr. Sebi and The Alkaline Diet

The Alkaline Diet is a revolutionary diet that is also known as the alkaline ash diet or the acid-alkaline diet. The diet teaches that you are able to alter

the measurement of alkalinity or acidity in your body simply by adjusting the types of foods that you eat. Your metabolism is the process in your body that turns the food that you eat into energy for your body, and it is often compared to a fire in a furnace. Each of the processes involves a reaction between chemicals that are meant to break down a mass of solids. There is a kind of slow control to the chemical reactions in your body, not like the raging inferno that a fire can become, but both processes leave a by-product known as ash. In the body, this ash is called metabolic waste, and it can be neutral, alkaline, or acidic, depending on the food that you are consuming.

Who Is Dr. Sebi?

Dr. Sebi learned everything he needed to know about healing the human body through personal experience. He learned much about life by always being willing to study the things he saw and heard and trying new ways of being an improvement to basic life. He was a naturalist who studied biochemistry, pathology, and herbs to create his own unique methodology to health and wellness. When traditional medical treatments did not heal his many ailments, he turned to the knowledge of a trained herbalist, looking for something to cure his obesity, asthma, and diabetes. With the things he learned from the herbalist, he began experimenting with cell food compounds made from natural vegetation. His goal was to find foods that would cleanse the body on a cellular level. Inspired by his own healed body and the success he found with his first few followers, Dr. Sebi began sharing his findings with others and called his creations Dr. Sebi's Cell Food.

His methods focused on eating natural plant-based foods and herbs that are alkaline in nature and avoiding hybrid acidic foods that can damage your body. He focused on teaching people to eat plant foods to minimize the acidity in their bodies and avoid the buildup of compounds that cause disease and unhealthiness. The diet helps to create an environment in the body that is alkaline so that it is difficult for diseases to live in.

What Is the Alkaline Diet

Many of the familiar foods that you eat will cause your body to produce harmful acids. When you consume particular foods and beverages, they can

change the acid levels in your body and make your body more alkaline. Acid or alkaline is measured by comparing it to the levels on a pH scale, where the numbers measure readings from acid to alkaline, on a scale from zero to fourteen. The numbers from seven to fourteen are in the alkaline part of the scale. Changing the pH level of your body from an acid to an alkaline can help you to lose weight. If one of the systems in your body has an imbalance, then it will let your brain know that something is wrong. The two systems that most often send messages to your brain are your stomach and urinary tract; since they are used several times each day, and they get a lot of workout from the food that you eat. When your stomach is not balanced, you might suffer from poor digestion, erratic mood swings, and low levels of energy. It is important to keep your stomach and intestines functioning at their peak of performance since they do such an important job for you every day.

Your stomach is the first organ that your body uses to metabolize the food that your body uses for energy. The stomach does this by secreting acids that help to break down the food that you eat while the muscles of your stomach churn to food to complete the process. If your stomach is not healthy, then it will not digest your food properly, and your entire body will be thrown off balance. The foods of the Alkaline Diet are designed to avoid the problems that come with system imbalances. When the food you eat is more alkaline, it will help to neutralize the acids in your stomach so that they will only digest your food and not the lining of your stomach, as often happens. The main problem with acid in the stomach is that it doesn't come from just the stomach secretions, but also from the food that you eat, thus making the level of acid more than the stomach can comfortably handle. When you avoid acidic foods and concentrate on the alkaline foods, then you will allow your stomach to concentrate on healthy digestion as it begins to heal.

Scientific research shows that various foods will affect your body in various ways. The focus was specifically on the stomach and the kidneys, since everything you eat or drink will eventually pass through the stomach and then the kidneys. Certain foods are known to raise the pH levels of your body. The level of pH measures the number of hydrogen ions that are found in a specific amount of a substance. Your body needs hydrogen ions to keep the proteins in your body linked in the shape they need to stay in so they

can fulfill their particular function. The proteins in your body have many essential functions. They carry nutrients to your cells as well as providing structure and support for your cells. They carry messages between the cells in the brain and the body. They assist the body in creating antibodies that will help fight off infection and disease. The hydrogen ions in your body will not be able to perform the job they need to do if your body is too acidic, because then the hydrogen ions will not be strong enough to do their job. When your regular diet is rich in healthy alkaline foods will keep the pH level of your body at a level that will support the work of the hydrogen ions.

Eating the recommended foods of the Alkaline Diet will promote a healthy environment inside of your body. It is almost an alternate form of medicine because the food choices that you make will help to heal your body. The Alkaline Diet offers smart food choices that will balance your body's pH level. When the pH level is correct in your body, then your body will function properly the way it was meant to function.

How Does the Alkaline Diet Work

Keeping the pH level of your body, and your blood, at an optimum level is essential so that your body will function properly. Your body works really hard to keep the pH level of your blood around 7.4, which is at the beginning of the alkaline part of the scale. Your red blood cells float through your bloodstream and carry oxygen to your cells. The red blood cells have a protective coating that has an essential function in the health of your body. As the cells move through your bloodstream, they will eventually come to tiny capillaries that need to have oxygen brought to them, but they are too small for the red blood cells to continue traveling in a group. At this point, the red blood cells must separate and stay apart, and the protective covering gives them the ability to do this by neutralizing their attractive charge to each other. If the pH level in your blood is too acidic, it will destroy the protective coating on the red blood cells and make them stick together, so certain parts of your body will not be able to get supplies of oxygen-rich blood. And while the red blood cells are clumping together, they will eventually begin to die from lack of oxygen. Your body depends on a good supply of healthy red blood cells to be able to survive. And with

less oxygen flowing to the cells of your body, your energy levels will plummet.

Every major system in your body has its own pH level to maintain. Keeping the pH levels of the body separate but functioning together is carefully maintained by your respiratory system, renal system, and your buffering system. The buffering system controls the proteins that are so important to the functioning of your body. This system also helps to keep all of the systems in your body balanced and running smoothly.

Your respiratory system regulates the intake of oxygen and the output of carbon dioxide. You take in oxygen and put out carbon dioxide with every breath that you take. Carbon dioxide is a waste product collected from your red blood cells, which they bring back after delivering the oxygen to your cells. The pH level of the fluid around your cells and organs is controlled by your renal system. Your body is continuously undergoing changes and adjustments to keep all of your pH levels in balance.

The Alkaline Diet helps you to keep all of your pH levels in balance. Your pH will affect every part of your body, especially if the levels are not in balance. Even after you have enjoyed a good night of sleep, you may awake to feel exhausted. Your gums and teeth might be sensitive, and they might even bleed. Your neck and shoulders will feel stiff and sore. You can suffer from frequent sinus symptoms and allergies. You can suffer from headaches for no real reason. Your joints will be stiff, not just in the morning, and they will hurt when made to bend or support you. You will probably experience shortness of breath even with gentle physical activity. Since your hormones will be extremely out of balance, you might experience acne, eczema, and yeast infections. Your skin will constantly feel dry. You will be irritable and depressed, and suffer bouts of brain fog. Viruses seem to follow you around and just won't go away.

The Alkaline Diet is meant to help you correct all of these health issues. By filling your body full of good alkaline foods and avoiding the acidic foods that can wreck your health, you will not only lose weight and look better, but you will also feel better. The diet emphasizes regular healthy eating. You will eat more fruits, vegetables, whole grains, and you will stay well hydrated. You will cut back or eliminate meat, alcohol, sugar, and processed foods. Adherents of the Alkaline Diet know that consuming foods that

cause acid in your body will lead to poor health because your pH levels are unbalanced. When you eat foods that make you healthy and keep you healthy, you will be healthy.

Chapter 2: Health Benefits of The Alkaline Diet

The Alkaline Diet is the best diet for promoting a long and healthy life by eliminating disease or avoiding it altogether. Balancing your body's pH levels through the consumption of a proper diet of alkaline foods will give you optimum health and help to eliminate a host of chronic illnesses.

Highly alkaline foods will allow your body to maintain a better pH level so it can use its own processes to maintain a good balance. You will be able to protect the health of your cells while losing or maintaining your weight and keeping your hormones balanced and properly functioning.

Promote Weight Loss

Maintaining a healthy weight is essential to longevity because excess weight can cause many of the other chronic health problems that people face. Obesity can lead to cardiovascular disease, metabolic syndrome, insulin resistance, Type 2 Diabetes, and atherosclerosis (hardening of the arteries).

When people are obese, their body needs to work harder to get oxygen-rich blood to all areas of the body. Even stored fat needs oxygen and nutrients to be able to survive. Your body meets this need in two ways. First, it will create extra miles of arteries and veins in order to have blood flow to reach the entire body. Then the heart will pump harder to be able to push the blood through all those extra miles of arteries and veins. The heart is a muscle that, when forced to work harder, will wear out before its time. As more blood is forced through the blood vessels, the extra pressure will cause weak spots that are prime targets for the buildup of plaque. Plaque is made from calcium deposits, fat cells, and waste products that collect together are weak spots inside the blood vessels and cause hardening of the arteries. They will also cause the blood vessels to become narrow, which will make the heart pump faster and harder, until the blood vessel becomes totally clogged and cuts off the flow of blood. When this happens in one of the blood vessels in the heart, it will cause a heart attack, and in the neck, it can cause a stroke. And all of this blood flow going faster and harder leads to high blood pressure.

When you consume food, your brain signals your pancreas to secrete the hormone insulin. This hormone is responsible for carrying the glucose that is metabolized from your stomach, digesting the food you eat all throughout the body. The insulin attaches to the glucose and carries it to the cells and then into the cells, where the cells will use it for their own metabolism. If the cells are full and won't accept any more insulin, then the insulin will need to carry the glucose somewhere to store it for later purposes. This usually happens in the open areas of the abdominal cavity, around the internal organs where it becomes fat around your midsection. This is known as insulin resistance, and the process of your body, storing fat around your midsection is the first step toward the development of the metabolic syndrome. This will also cause your blood sugar levels to become elevated, which will lead to Type 2 Diabetes.

Carrying excess body weight will also lead to an increase in inflammation. One of the primary defense mechanisms of your immune system is inflammation, and some inflammation is right for your body. If you tear a muscle, strain a joint, suffer a bug bite, or catch a virus, your immune system will immediately send healing fluid and white blood cells to the affected area to help soothe the problem. But your body doesn't know the difference between good inflammation and harmful inflammation since it will send its little armies to any perceived injury. So if your knees hurt because you are obese, your body will send fluid to make the knees feel better, not realizing that the extra fluid is just adding more inflammation and making your knees feel worse.

The Alkaline Diet will help you lose weight, and when you do, you will be able to eliminate or prevent the development of many other health problems that are related to obesity. Excess weight is a by-product of a diet that is loaded with acidic foods. The human body produces acid just by its regular functions. When your diet is high in acidic foods, you are just adding to the problem. Your body loses the ability to process out the acids when there are too many of them to process. The acids become stored in the fat cells, particularly those in the midsection. So when you lose weight on the Alkaline Diet, and you begin to reduce the stored fat in your midsection, then you will be eliminating the stored acids that are wreaking havoc on your body.

Improved Kidney Health

Your kidneys are just one of the major organs of the body that are negatively affected by an acidic diet. The kidneys have an essential job to do in your body. They are responsible for carrying waste products out of your body through urine. One of these waste products is the excess acid in your body. Proper kidney function is essential to maintaining a stable balance of chemicals in your body. But the kidneys do more for you than merely making urine for elimination.

The regulation of the levels of acid, potassium, and salt in your body are all regulated by your kidneys. Your kidneys are also responsible for secreting hormones that directly affect the function of other organs in your body. Specific hormones that are produced by your kidneys control the metabolism of calcium in your body, assist in the regulation of your blood pressure, and help to stimulate the production of red blood cells. Your kidneys also produce an active form of vitamin D that helps to promote healthy and strong bone growth.

Diabetes will cause damage to your kidneys because the chronic high levels of sugar in the bloodstream will cause the death of the smaller blood vessels, including those in the kidneys. When this happens, your kidneys will not be able to filter out waste the way they were meant to. And diabetes causes increased levels of salt and water in your body that the kidneys might not be able to eliminate. Damaged kidneys will allow waste products to collect in your bloodstream. And the elevated sugar levels can damage the nerve ending in your body, and this may interfere with the signal the kidneys need to give the bladder to empty itself. When your kidneys are damaged, urine may back up into the kidneys and cause bacteria to grow.

Since your kidneys work so very hard to keep the pH levels in the body balanced, it makes sense to take some of the stress off of them by feeding your body an alkaline diet. Improperly functioning kidneys will allow more acid to build up in your body. The Alkaline Diet will feed your body the foods that it needs to keep your kidneys healthy and functioning correctly.

Preventing Cancer

Even today, cancer remains one of the main causes of death all over the world. Simple changes in your lifestyle, such as consuming a diet of healthy foods, could prevent the onset of up to fifty percent of all cancers. Treating cancer and having the strength to cope with having cancer will depend on proper nutrition in the food that you eat. Foods themselves do not cause cancer, but they can lead to chronic health problems that can lead to the development of cancer. You will suffer from a higher risk of developing some type of cancer if your diet is low in nutrients and fiber and high in sugar and processed foods. High levels of blood sugar may lead to an increased risk of developing cancers of the colorectal system, breasts, and stomach. Cell division is stimulated by elevated levels of insulin in the body, and that is needed for cancer cells to divide and spread. And higher levels of blood sugar and insulin in your body can lead to inflammation, which can then lead to the growth of abnormal cells that may become cancerous.

Simply being overweight can lead to a higher risk of developing certain types of cancer. Cells will divide more quickly when they are not able to intake glucose properly, as happens in insulin resistance. Obese people suffer from have higher levels of inflammation. Excess fat cells will contribute to an increase in levels of estrogen, the hormone that may cause ovarian and breast cancer in women. Dietary changes are often encouraged when people have been diagnosed with cancer. They are told to add in more healthy foods to their diets. The foods of the Alkaline Diet are the ones that people with cancer are often encouraged to eat. The fruits, vegetables, seeds, and spices of the Alkaline Diet will help your body be as healthy as possible to help fight off cancer or prevent its development.

Preventing or Treating Heart Disease

There is no magical answer for preventing or treating heart disease. The secret lies in consuming a healthy diet free of the foods that can lead to heart disease. Excess trans-fat and saturated fat in your diet will increase your risk of developing heart disease. Being obese or even just overweight is another risk factor for heart disease, especially since the diet consumed by most overweight people is high in fats, sugars, and processed foods that can lead to heart disease. Having high blood pressure is another risk factor, since it means that your heart is working harder than it should be to send

blood to all parts of your body. Insulin resistance and diabetes lead to increased levels of sugar in your blood, which can damage the smaller blood vessels in and around your heart. A diet loaded with saturated fats and trans-fats can lead to high blood cholesterol, which in turn can lead to heart disease.

As with fighting cancer, the foods that are allowed on the Alkaline Diet are the kinds of foods that will help you prevent the development of heart disease. The fruits and vegetables, legumes, seeds, and nuts will all help you to lower your blood pressure and blood sugar levels, decrease your body weight, and balance all of the hormone levels in your body.

Preventing Osteoporosis

Osteoporosis is when your bones become weak because they either do not receive the nutrients they need to stay healthy, or they are bombarded by the things that weaken them. Salt is bad for your bones because it will leech the minerals out of your bones and cause weakness. One of the main minerals removed is calcium, which is the primary mineral your bones need. Highly processed foods are full of sodium, as are processed meats and most canned foods. Anytime your diet is loaded with foods that are high on the acidity scale, these foods are sucking the minerals out of your bones, the minerals that keep them strong.

Your body needs calcium to maintain the balance of pH in your body. If your diet makes your body too acidic, then it will draw calcium from your bones to help support the balance. This is even a higher risk if there are underlying health issues that prevent excess acid from being carried out of your body in the usual ways that waste products are removed.

The alkaline foods of the Alkaline Diet will work to keep the acidity levels in your body low so that your body will not need to draw calcium out of your bones. And the foods will work to make your body healthy overall to help support proper bone growth and strength.

Eliminating Problems Caused By Stress

It is inevitable that life is full of stress. When your brain feels that your body is experiencing stress, then it will tell the adrenal glands to produce

extra amounts of the stress-fighting hormone cortisol. The brain does not distinguish between real stresses, such as if you are physically attacked, and stress that is caused by other factors. Being overweight, feeling inflammation, having high blood pressure or high blood sugar, or having an underlying disease like kidney disease or diabetes can all lead to elevated levels of cortisol in your body. Anything that makes you feel stressed will raise your cortisol levels.

Cortisol does have an important function in your body besides telling to run away or stay and fight. Cortisol works to regulate your energy levels by choosing from carbs, fat, or proteins to fuel your body. Cells have a cortisol receptor so they can accept this energy when it is presented. Cortisol works to regulate the production of insulin by the pancreas. Cortisol wants you to use your blood glucose immediately and not store any as fat, so it will inhibit the production of insulin and do the job of the insulin hormone if it can. Under normal circumstances, it does its job just fine.

The problems arise when the body has an excess of cortisol. Just like inflammation, the body can't distinguish the difference between real stress and the stress that is caused by weight or disease. When you have poor health habits, your body will make too much cortisol, and this will cause your levels of acid to rise, and it will also lead to stored abdominal fat. But adopting the Alkaline Diet will allow you to take the excess stress off your body by only feeding it healthy, low-acid foods that will keep all of its systems in proper balance.

The Alkaline Diet has the ability to help you eliminate or prevent the development of several chronic diseases that will prevent you from living the life you want to live. Once you begin to eliminate health issues, the rest will likely follow, since one poor health habit can cause many health-related problems in your body. The Alkaline Diet is a healthy diet that will allow you to achieve a healthier lifestyle and enjoy increased longevity.

Chapter 3: Foods of The Alkaline Diet

The foods that you eat provide the glucose (blood sugar) that your body needs for energy in a process known as metabolism. It is much like burning a fire, since it takes a solid and uses heat and chemicals to produce smaller parts. And just like burning a fire, residue is left behind. Foods that are full of acid will leave harmful ash residue that will damage your body.

Metabolizing alkaline foods leaves behind an alkaline ash that is beneficial for your body. When you are left with acidic ash, it will need to pass out of your body, where it can cause damage as it travels.

Many diets that restrict certain foods will have such a limited list of allowed foods that it is difficult to make healthy meals that also taste good. But the Alkaline Diet is not one of those diets. It allows you plenty of foods that are good for you and are alkaline in nature. Dr. Sebi was a health guru who believed in attaining wellness through eating the right kinds of foods. He created a diet plan that was made from plant-based foods that are focused on alkaline foods and not the foods he considered to be hybrid foods. He divided foods into six types: live, dead, drugs, genetically modified, raw, and hybrid. Dr. Sebi cut out all of the foods except for raw foods and live foods and encouraged his followers to eat a diet that was as close to being a raw vegan diet as was possible. This means that his diet is based largely on the consumption of whole grains along with fruits and vegetables that are as naturally grown as possible. He believed that the live foods and raw foods were electric with energy that would fight the acidic food waste inside the body.

Dr. Sebi also believed that the foods you eat should not be genetically modified (GMO foods) and that foods needed to be as close to their natural state as possible. Food that has been altered to have minerals and vitamins added or altered to be made seedless falls into this category.

Vegetables

The list of allowed vegetables is rather large and diverse enough to give you plenty of options for creating a wide variety of delicious meals.

Amaranth greens – These leaves of the amaranth plant come in colors of purple, green, red, and gold and are a leafy green. One-half cup of greens

carries just twenty-three calories and is loaded with fiber and protein. Just a one-half cup serving will provide almost all of the vitamin C you need daily, and almost all of the vitamin A required for an adult. The antioxidants and phytonutrients in amaranth help lower inflammation and bad cholesterol.

Arugula – This is a distinctive green with a slight peppery flavor that originated in the Mediterranean region. This leafy green is low in fat, carbs, calories, and sugar but high in fiber and many vital nutrients. You can use arugula in a salad with other leafy greens as a wrap for other veggies, added to casseroles, or chopped and used in making pesto and smoothies.

Avocado – This is a versatile veggie that is loaded with the healthy fats your body needs. Avocado has many other uses besides being the basis for guacamole. It can be sliced or chopped and added to salads and veggie dishes, or blended into a smoothie. Avocados are low in saturated (bad) fat and free of sodium and cholesterol.

Bell pepper – These can be eaten cooked or raw. They are rich in vitamin C and low in calories. Green bell peppers are the unripe ones, and this makes them crisper and bitterer in taste. The bell peppers that are red, orange, or yellow are matured and taste sweeter. One bell pepper provides more than the daily requirement of vitamin C, as well as potassium and vitamins E and A. You can slice or chop a bell pepper to add it to a salad or veggie dish, or stuff the pepper with meat mixes or veggie mixes.

Chayote – This is a kind of summer squash that resembles an unripened pear in crunch and looks, but tastes more like a cucumber. One cup has just twenty-five calories and is loaded with minerals and vitamins. The chayote is a perfect low-carb veggie. These are usually sold in specialty grocery stores, and you want to purchase them when they are firm, green, and without soft spots or discolored areas. Eat the chayote either cooked or raw. Eaten raw it is delicious in a salad and cooked it works well in soups and casseroles.

Cherry and Plum Tomato – Plum tomatoes are larger than cherry tomatoes and have fewer areas for seeds. Cherry tomatoes are small and round and make a great snack. They can also be sliced in half and used to top a pizza or in a salad or stir fry. Plum tomatoes are larger than cherry tomatoes and

grow in an oval shape. They are especially good for making tomato-based sauces. Tomatoes are good for boosting your immunity since they are loaded with antioxidants. They help to reduce blood sugar levels and blood pressure and will help to protect against cancer.

Cucumber – Since cucumbers are ninety percent water, they will help keep you well hydrated. They are fat-free and low in calories, since one entire average-sized cucumber carries only forty-five calories. Cucumbers are rich in antioxidants that fight free radicals and help prevent the development of autoimmune diseases, some types of cancer, and many of the diseases of the heart and lungs. They may also help to lower blood sugar levels, and cucumbers are loaded with fiber. Eat cucumbers raw in slices plain or drizzled with olive oil, pickled, chopped and tossed into a salad, or for added crunch on a sandwich. Cucumbers also add a delicious freshness to smoothies.

Dandelion Greens – The leaves of the dandelion plant are an excellent source of vitamins as well as being good sources of potassium, magnesium, calcium, iron, and folate. The antioxidants in dandelion leaves fight the free radicals in your body, in particular the antioxidant beta-carotene that helps protect your cells from damage. They may help fight inflammation, lower your blood sugar levels and blood pressure, and help to lower your cholesterol. Dandelion leaves help to remove harmful fats from your liver. In traditional herbal medicines, dandelion leaves are used to treat constipation and aid your digestion. Use dandelion leaves in salads and soups to add color and flavor.

Dulse – These red algae are full of fiber, protein, and nutrients. It holds significant levels of potassium and calcium that will help keep your bones strong and healthy. Dulse can also help to keep your thyroid gland healthy, strengthen your eyesight, and lower your blood pressure. Dulse is loaded with nutrients and is low-fat. One powerful use of dulse is that it is high in protein, which makes it a great meat alternative for vegans and vegetarians. Dulse does not need to be cooked to be eaten and can be used in leaf or flake form. It can be used in salads, dips, smoothies, and salad dressings.

Garbanzo Beans – These are also known as chickpeas, and they are part of the legume family. They make an excellent addition to vegan and vegetarian diets as a meat-free substitute because they are high in protein. They get

their numerous health benefits from the vitamins, fiber, and mineral content. The fiber and protein content helps you feel fuller longer, so they are good for weight management and helping to control your blood sugar levels. Compounds in chickpeas help to prevent the development of cancer, diabetes, and heart disease. Besides using them as a side dish for a meat substitute, you can toss chickpeas into salads or blend them with other ingredients into a smooth and creamy hummus. Drizzled in olive oil and roasted, chickpeas make a deliciously crunchy snack.

Hijiki – If you regularly enjoy Japanese cuisine, then you are already familiar with hijiki, a healthy variety of seaweed that is used in many different dishes. Hijiki is high in dietary fiber and contains many different minerals and vitamins, including magnesium, iodine, calcium, iron, and vitamin K. The fiber content will aid in your digestion, and hijiki will also help to lower your levels of blood sugar and balance your insulin levels. You can use hijiki in salads, sauces, fish dishes, stir-fries, and stews, and soups.

Izote leaf and flower – This is more commonly known as yucca, which is a common garden plant that is known for its pointed leaves. It is often used for medicinal purposes when taken as a supplement, and the leaves can be ground and used as a treatment for wounds and skin conditions. Yucca is an anti-inflammatory that can help to reduce the symptoms of inflammation and arthritis, and works to regulate your blood sugar. The flower can be dried and ground and added to many foods.

Kale – This leafy green is considered to be a superfood among leafy greens. You will get more than the daily requirement of vitamin A, C, and K, with only thirty-three calories from just one cup of kale. Kale is high in antioxidants that can help lower your cholesterol levels and fight the development of cancer. And since kale is low in calories but high in fiber, it can help you lose weight, since it will keep you feeling fuller for longer periods of time. Kale can be used in salads, but it is also good when added to vegetable medleys and pasta dishes. You can also add kale into your morning smoothie. Tossed with a bit of olive oil and seasonings and roasted, kale makes a great crunchy snack.

Lettuce (except iceberg) – Since iceberg lettuce is the least nutrient-dense of all of the lettuce varieties, it is not part of the Alkaline Diet. All of the other

varieties of lettuce are rich in minerals, vitamins, and antioxidants. The proteins in lettuce can help to fight inflammation. One cup of lettuce has only five to ten calories, so it is great for weight loss, and since all varieties are mostly water, they will help to keep you well hydrated. Lettuce is also low in fat. It is also rich in dietary nitrates that help to keep nerve functions healthy and may help to prevent the development of Alzheimer's disease. Lettuce can help prevent heart disease, lower blood sugar levels, and improve the health of your eyes.

Mushrooms (except shitake) – Mushrooms are one of the best additions to any diet, since they are full of minerals, vitamins, and fiber as well as being cholesterol-free, fat-free, low in calories and low in sodium. The antioxidants in mushrooms can help to prevent the development of cancer and heart disease. The copper content in mushrooms will improve the health of your red blood cells. Mushrooms are a versatile addition to your kitchen. You can roast them, sauté them with other veggies like zucchini and squash, grill them on a kebab, or slice them raw and serve them in a salad. You can also slice or chop mushrooms and add them to sauces, gravies, casseroles, wraps, sandwiches, and soups. Larger mushrooms like Portobello are often used for meat substitutes or as bread for a sandwich. And mushrooms are especially delicious when they are stuffed and baked.

Nopales – This is also known as prickly pear cactus, and it is a popular ingredient in Mexican cooking. It is a well-known anti-inflammatory and works especially well in the intestinal tract, arteries, and muscles. It can also help to lessen the pain associated with gallstones and bladder infections. The antioxidants in Nopales help fight high cholesterol and also help to lower blood sugar levels. The minerals, vitamins, and flavonoids in Nopales help to protect the endings of your nerves and might also help prevent the development of certain cancers.

Nori – This is another of the edible seaweeds that can be used in smoothies, salads, soups and stews, and sushi rolls. The tyrosine and iodine in nori help to support healthy thyroid function. This seaweed is also a good source of omega-3 fatty acids and contains an amount of almost every mineral and vitamin. The antioxidants help fight the free radicals in your body, and the fiber promotes gut health. Nori can also help to lower your blood sugar levels, blood pressure, and cholesterol levels.

Okra – This nutritious food has many health benefits. The part of the okra that is eaten is actually the edible seed pod of the plant. While okra comes in both green and red colors they taste the same, and the red okra turns green when it is cooked. A full cup of okra has only thirty-three calories and no fat. It is an excellent source of vitamins B6, K, C, and A, as well as folate, magnesium, and fiber. The antioxidants in okra can help to lower your cholesterol levels, which can help prevent heart disease. The protein lectin in okra can help to prevent the development of cancer. And okra can help to lower your blood sugar levels. Fresh okra should be smooth and green and not have any brown ends or spots. Okra needs to be cooked at a high heat so that it will not become slimy, so cook it alone and then add it into soups and stews, and especially into gumbo. Sliced okra can also be added to tomato-based dishes, pickled, grilled, or roasted.

Olives – These small fruits are extremely high in vitamin E and many other antioxidants that can protect against cancer, osteoporosis, and heart disease. Olives are naturally free of sugar and full of good fats. They are low in carbs and high in fiber. Olives are a good source of calcium, copper, and iron. They are known to lower cholesterol and inflammation, improve the health of your bones, and they may be beneficial in keeping your heart healthy. Olives are good for making olive oil, but you can also use them in salad and sandwiches.

Onions – In ancient times, onions were used as medicinal remedies for treating sores in the mouth, heart disease, and headaches. Onions are one of the best nutrient-dense foods, meaning that they are low in calories but loaded with minerals and vitamins. One whole medium onion has only forty-four calories. Onions are high in their content of vitamin C, which is a nutrient that is vital for helping your body absorb iron as well as repair tissues, produce collagen, and keep your immune system healthy. Onions also help protect your body against free radicals and the damage they cause. They are known to fight inflammation, regulate blood sugar levels, reduce levels of bad cholesterol, lower high blood pressure, and prevent the development of cancer. Onions also have antibacterial properties. You can easily add onions to your diet. Sliced onions can be eaten raw. Chop raw onions and add them to salads, soups, stews, guacamole, hummus, and stir-fries. Onions are delicious in egg dishes like omelets, quiches, and frittatas. They will add delicious flavor when added to tomato sauces and salsa.

Purslane – Many people think of purslane as nothing more than a weed, but it is actually a highly nutritious and very edible vegetable. Purslane is a leafy green that can be eaten cooked or raw. It is used just like lettuce or spinach, in sandwiches, salads, or steamed and served as a side dish. Purslane is high in minerals and vitamins and only has sixteen calories in a one-half cup portion. It is high in omega-3 fatty acids, containing more than any other leafy green. The vitamins in purslane contribute to the health of your eyes, help protect your cells from damage, and maintain the health of your bones, muscles, and skin. It can help to lower your blood pressure and protect you from heart disease and diabetes.

Sea Vegetables – These are also known as seaweeds. These sea plants are best known as agar, hijiki, arame, dulse, Kombu, wakame, and nori. What all of these sea vegetables have in common is that they are all loaded with minerals and vitamins, very high in their iodine content, and full of plant compounds that help to fight the development of cancer. Chop dried seaweed and sprinkle it on salads or cooked veggies. Drop a few teaspoons into your morning smoothie. Nori is usually used as a sushi wrap, and it can be used in place of a tortilla for other wraps. Wakame is usually found in miso soup. Arame is mildly flavored, and that makes it a great ingredient for a salad. Hijiki can be used in any manner, and it is great for calming the body. Dulse is best added to soups. Kombu is good when added to any kind of dried bean recipe.

Squash – Also known as summer squash, this veggie is rich in the mineral manganese that will help your body process carbs and fats while keeping your bones healthy. It is also high in potassium, phosphorus, riboflavin, fiber, magnesium, folate, and vitamins B6, A, and C. Squash are good in stir-fries and soups. It is especially good when drizzled with olive oil and sprinkled with a bit of rosemary and basil and roasted.

Tomatillo – These look like little tomatoes, but they are actually their own brand of fruit. These bring a citrusy flavor to many dishes that are traditional in South American cooking. One-half cup of tomatillos has only eleven calories with almost no fat or sodium. They are low in carbs. The high content of potassium will help to lower your blood pressure and cholesterol and keep your heart healthy. The antioxidants will help to promote the death of cancerous cells. And tomatillos are high in anti-inflammatories that will help to reduce the symptoms of arthritis.

Tomatillos come in purple, green, and yellow varieties. You can eat them whole or sliced or add them into salads, bean dishes, stews, and salsa.

Turnip Greens – These are the leafy dark-colored tops of the turnip plants. Most of the nutrients in the turnip plant are found in the leafy greens. These greens are rich with antioxidants, minerals, and vitamins. The compounds in turnip greens will promote the death of cancerous cells. Turnip greens will give you excellent amounts of calcium and vitamins C, A, and K. One cup of turnip greens has only twenty-nine calories and is low in sugar and fat-free. The antioxidants in turnip greens help to prevent the development of Alzheimer's disease as well as fighting diabetes, arthritis, cancer, heart disease, and diseases of the immune system. Vitamin K will help keep your bones strong.

Watercress – This leafy green has been used for centuries as little more than a garnish for other dishes, but recently it has enjoyed a renewed interest. Compounds in watercress can help prevent the development of certain types of cancer, especially bladder cancer and breast cancer. The potassium, magnesium, and calcium help to lower high blood pressure and blood sugar while keeping your bones healthy. One cup of fresh watercress has only four calories and is low in fat. Most people will use watercress to make a salad, but it can also be used in sauces, pesto, casseroles, and pasta dishes. It will sauté more quickly than other leafy greens and will add a slightly peppery taste to your food. It is also delicious as a side dish or as a topping for potatoes.

Zucchini – This veggie is also known as courgette, and it is actually one of the summer squashes. Zucchini can grow to be three feet long, but they are best eaten when harvested young, when they are less than twelve inches long. It has been used in folk remedies for centuries to treat body aches and colds. One cup of cooked zucchini has only seventeen calories and is nearly fat and sugar-free. Zucchini will provide you with most of the minerals and vitamins that you need daily. The antioxidants in zucchini will promote eye health as well as keeping your skin fresh looking. This veggie is full of water and fiber, which will aid in your digestive processes. And the fiber helps to reduce your blood sugar levels. Since zucchini is full of water and fiber, it can help you lose weight by keeping you feeling fuller longer. Chop raw zucchini and add it to your salads. Stew zucchini with other veggies or

add it to a soup. Grill it or bake it alone or with other veggies. It can also be mashed and used to make muffins or breads.

Fruits

Apples –One medium apple has less than one hundred calories. They are loaded with polyphenols that are full of health benefits. Most of the fiber and polyphenols in apples are contained in the skin. They will assist in weight loss by keeping you feeling fuller for longer as they are high in their fiber and water content. Apples provide soluble fiber, which assists in your digestion and also may help to lower your blood pressure and cholesterol. The polyphenols in apples seem to keep the cells in the liver healthy that are responsible for producing insulin. Certain compounds in apples will keep your lungs healthy and may help to fight conditions of the lung like asthma.

Bananas – These are one of the best snacks to keep in the house. One medium-sized banana has just over one hundred calories and almost no fat. The pectin and resistant starch in bananas help to regulate your blood sugar levels as well as reducing your appetite, which can help you lose weight. Bananas are a good source of both magnesium and potassium, both of which are important for keeping both your bones and your heart healthy. The powerful antioxidants in bananas help prevent the development of many degenerative diseases. The potassium will also keep your kidneys functioning better. And because the carbs in bananas are easily digested, and the mineral count is so high, bananas are a favorite food for athletes, particularly because the compounds in bananas help reduce muscle soreness and cramps.

Berries – Strawberries, blueberries, raspberries, and blackberries are some of the healthiest foods that you can eat, besides the fact that they taste really good. The antioxidants in berries will fight the free radicals in your body. They can help make your body more sensitive to insulin and help to lower your blood sugar levels. Berries are high in levels of soluble fiber, which makes food move through the digestive process more slowly, so that you feel fuller for longer. This can cause you to eat less and lose weight. Berries are loaded with many minerals and vitamins, which can help to fight inflammation, lower your cholesterol, and help prevent the development of

certain cancers. Eating berries is also good for your skin by controlling the free radicals that can damage the skin. Eat berries alone or add them to salads or cereals.

Cantaloupe – This fruit is loaded with water, and that can help you stay hydrated. Cantaloupe has more beta-carotene than any other orange or yellow fruit. Beta-carotene is a carotenoid that promotes healthy eyes, boosts your immune system, and helps create healthy red blood cells. One cup of cantaloupe has all of the vitamin C that you need daily, which will give you collagen for your bones and skin, strong muscles and cartilage, and healthy blood vessels. Cantaloupe is high in fiber and contains the potassium that will maintain healthy fluid balance in your body. Choose a cantaloupe that is as round as possible, and has a slightly orange skin and a nice melon smell. Add cantaloupe to fruit or lettuce salads or make them into smoothies.

Cherries – These are a versatile fruit that can be eaten as a snack, added to salads, or used in different meat or veggies dishes. Cherries range in color from yellow to a deep, dark red that might look almost black. One cup of cherries has less than one hundred calories. They are loaded with vitamin C that your body needs for a healthy immune system and strong bones and skin. Cherries are full of anti-inflammatory compounds. The antioxidants will protect your cells from the damage that can be caused by free radicals. And the compounds in cherries that relieve inflammation will also help your muscles recover more quickly after exercise, and they can also help you to sleep better.

Currants – This fruit is antimicrobial, anti-inflammatory, antiviral, antiseptic, and antibacterial. Compounds in currants help athletes increase their stamina. They contain anti-inflammatories that help reduce soreness, stiffness, pain, and damage to your joints and muscles. Currants are high in potassium, which can help lower your blood pressure and prevent the formation of plaque in your arteries.

Dates – If you buy a wrinkled date, it has been dried, and a smooth date is a fresh date. Most of the dates that are sold are dried, which does not affect the taste or the nutrition of the date. They are full of fiber, which is good for your digestive system, and the fiber can help to control your levels of blood sugar. The antioxidants in dates will keep your brain healthy and will fight

the free radicals in your body. Dates are also naturally sweet, so they can be used as a substitute for sugar in many recipes. Eat dates by themselves or add them to salads, cereals, or smoothies.

Figs – These are low in calories and have no fat, but they are loved for their mildly sweet flavor and the many ways they can be used. Just one ounce of dried figs will provide you with three grams of fiber, which can help lower your blood sugar levels and your cholesterol levels. Figs are also a good source of calcium, which can help to prevent osteoporosis. One compound in figs can help make your body more sensitive to insulin and help prevent insulin resistance. Other compounds in figs will improve the health and appearance of your skin and hair. Chop figs and add them to cereals and salads, put them in smoothies, or make fig jam for spreading on toast.

Grapes – These come in pink, yellow, black, red, and green colors. One full cup of grapes has only one hundred four calories but is loaded with many minerals and vitamins. That one cup serving will provide you with more than one-fourth of the vitamin K you need daily, which your body needs to build strong bones and promote blood clotting when needed. There are more than sixteen hundred plant compounds in grapes that protect your body from damage by free radicals, protect against the development of some types of cancer, lower your blood pressure and blood sugar and regulate your cholesterol levels and contribute to the health of your eyes. Grapes can also help to improve your mood, attention span, and powers of memory. They also have antibacterial and antiviral compounds. Grapes can also assist in preventing the development of chronic diseases by decreasing inflammation. Grapes can be eaten as a snack, especially when frozen. Chop grapes to add to a veggie salad or to chicken salad. Make them into a fruit salad with other fruits or add them to smoothies.

Lime – these rounds, sour, brightly green citrus fruits are powerhouses nutritionally. One whole lime has only twenty calories and literally no fat. The antioxidants in limes fight the free radicals in your body. The vitamin C content can help to boost your immunity and combat dry skin and wrinkles. Vitamin C can also assist in keeping your heart healthy, and it increases your body's power to absorb iron. Certain compounds in limes can help prevent cancer and kidney stones. You can use limes for their juice by squeezing or juicing them. You can also use them in desserts or beverages.

Mango – Some parts of the world regard the mango as the king of all fruits. One cup of sliced mango has only ninety-nine calories and no fat. Mangos contain almost all of the minerals and vitamins that your body needs daily. The vitamin A in mangos will help boost your immune system, as well as the B vitamins and folate. Mangos provide three-fourths of the vitamin C you need every day, which will also help your immune system. The potassium and magnesium in mangos will keep your heart healthy by lowering your blood pressure levels. The enzymes in mangos help promote proper digestion and can help prevent diarrhea and constipation. The vitamin C in mangos will also keep your hair and skin looking and feeling good and strong. The easiest and safest way to cut a mango is to cut it into long slices with a sharp knife, since the skin of the mango is quite tough. Eat the fresh mango by itself or add it to smoothies, make it into a fruit salad with other tropical fruits, toss chunks into a leafy green salad, or make it into a mango salsa.

Melons (with seeds) – Melons with seeds are the only ones allowed. Seedless melons have been genetically modified to be seedless, and this makes them not as good for you as seeded melons. Watermelon, cantaloupe, and honeydew are the flavorful melons that need to be included in your regular diet. Melons are also mostly water, which means they will keep you hydrated while filling you with good dietary fiber. The minerals and vitamins in melons will help lower your blood pressure, keep your blood vessels strong and free-flowing, and keep your kidneys and skin healthy. Pick a melon with a color that is appropriate for the particular melon, and hold it close to your ear while you thump the skin a few times. You are listening for the sound to echo slightly inside the melon. You can also smell the end where the stem was, to see if it has a slight smell of melon.

Oranges – This is one of the most popular fruits in the world. Oranges are high in vitamin C, having more than one hundred percent of the vitamin C that you need daily. This vitamin may lower your risk of colon cancer since it will help fight free radicals. The vitamin C content will also help with the proper functioning of your immune system as well as helping prevent colds and other viruses. The antioxidants in oranges help prevent signs of aging on your skin. The B vitamins in oranges will help keep your blood pressure and blood sugar levels lower to keep your heart healthier. Oranges keep your eyes healthy and provide dietary fiber for good digestion.

Papaya – This tropical fruit is incredibly healthy. Papayas should only be eaten raw if they are ripe, and a ripe papaya has an orange skin with flesh that is red, orange, or yellow. One small papaya has only fifty-nine calories. The antioxidants in papaya fight free radicals in your body, and the lycopene may help to fight certain cancers. The vitamin C content can boost the health of your heart by lowering your blood pressure and cholesterol levels. Papaya helps to lower inflammation, and the dietary fiber can improve your digestion. And the lycopene and vitamin C helps protect your skin against the effects of aging. Papaya tastes best when it is cold and can be eaten alone or added to a smoothie or salsa. Chop the papaya into chunks and add it to a salad.

Peaches – This is a small fruit with a fuzzy skin and a yellow or white flesh that tastes very sweet. Peaches are believed to be many thousands of years old. One peach of medium size has just fifty-eight calories and no fat. Peaches gain higher levels of antioxidants as they become riper. Peaches have fiber that will aid in healthy digestion by feeding the good bacteria in your gut. Compounds in peaches lower cholesterol levels and high blood pressure. Extracts made from peaches that are applied directly to your skin will keep it looking fresh and wrinkle-free. Antioxidants in peaches help to prevent certain types of cancers and can also kill cancerous cells. Peaches can prevent or reduce the symptoms of allergies by preventing their release in your body. Compounds in peaches can boost your immunity, may help to protect you against certain toxins, and can help your blood sugar levels. Peaches can be added to smoothies or made into salsa, jam, or jelly. Peaches can be sautéed, broiled, grilled, baked, or eaten raw. Cut a peach into chunks and add it to a salad or a bowl of yogurt.

Pears – This is another fruit that has been with us since ancient times. One medium-sized pear has about one hundred calories and is a rich source of potassium and copper. The copper is responsible for boosting your immune system as well as assisting in the function of your nerves. Potassium assists in the function of your heart and the contractions of your muscles. Pears are a good source of insoluble and soluble dietary fiber that will feed the good bacteria in your gut and keeps your stools bulked up. Beneficial compounds in pears promote eye health and can work to reduce inflammation in your body. The antioxidant compounds keep your heart healthy by lowering your blood pressure and your blood sugar levels. And because pears are low in

calories, loaded with fiber, and high in water content, they may help you lose weight by slowing your digestion to keep you feeling fuller for longer periods of time. Pears can be eaten whole or sliced. Chunks can be added to cereals and salads, or put into a smoothie. Pears also compliment pork and chicken, so they are often made into a fruit salsa for serving with these meats.

Plums and Prunes – These fruits contain antioxidants, fiber, minerals, and vitamins. When plums are dried, they are known as prunes. One whole plum has just thirty calories. One prune contains sixty-seven calories, since the sugar content in fruit is higher when it is dried. Their mineral and vitamin counts are quite similar. Prunes and plums are most widely known for their ability to prevent and relieve constipation, since the fiber in them is mostly insoluble, which means it can't be digested and must pass through the body. The sorbitol, or sugar alcohol, is a natural laxative. Both prunes and plums are rich in antioxidants that will protect your body from the damage caused by free radicals and also will reduce inflammation. While prunes and plums are fairly high in their carb content, they do not produce a marked rise in blood sugar, and the compounds in prunes and plums will help to regulate your blood sugar levels. A compound in prunes and plums promotes healthy bones. They can also keep your heart healthy by reducing your high blood pressure and your blood cholesterol levels. Prunes and plums can be eaten by themselves or added to fruit salads or cereals. You can also enjoy them in smoothies and salads.

Raisins – These are a great snack that you can take anywhere with you. Raisins are actually grapes that have been dehydrated. Use them in cereal or granola, in your yogurt, as a topping for a salad, or stirred into your oatmeal. They are also delicious when eaten straight out of the package. They are best eaten in moderation because raisins are high in calories and sugar, but the benefits they give you are quite worth it. Raisins are nature's version of candy, since they can easily take the place of any candy and be good for you. They offer needed carbs to endurance athletes. One-half cup of raisins provides three grams of fiber, which is necessary for proper digestion. And the dietary fiber helps to balance your blood sugar levels and decrease your bad cholesterol. They are a great supply of iron, boron, and calcium. Raisins also have antimicrobial properties that work to fight the mouth bacteria that cause cavities.

Tamarind – This is a tropical fruit that has long been used in traditional medicine to treat ulcers, fevers, constipation, and diarrhea. A tamarind tree is a hardwood tree that produces pods that look like beans. The pods are filled with a juicy pulp that is filled with seeds. Tamarind is used in making desserts, drinks, chutneys, marinades, and sauces. The polyphenols in tamarind are anti-inflammatory and have antioxidant properties. The seeds might help to lower your blood sugar levels, while the pulp from the pods can help to prevent diabetes, cancer, and heart disease. Tamarind is high in nutrients. You can buy tamarind syrup, or you can buy the pure fruit. It is available in a concentrated pulp that has been boiled, a pressed block of the seeds and shells of the pod, or the raw pods that you can easily open to remove the pulp.

Grains

Amaranth – This is a highly nutritious grain that is free of gluten and provides plenty of micronutrients along with protein and fiber. It can help you reduce inflammation, increase your weight loss, and lower the levels of cholesterol in your blood. It is known as a pseudocereal, which means that technically it is not a cereal grain, but it shares nutrients that cereal grains have and can be used like a cereal grain, like oats or wheat. One cup has a mere two hundred fifty calories and is very low in fat. It has more than your daily requirement of manganese, which is important for nerve and brain function. It is also rich in magnesium that your body needs to grow and develop healthy muscles, and it is rich in the phosphorus that your bones need to be healthy and strong. Amaranth is good for your entire body. The antioxidants in amaranth will help to prevent inflammation, especially inflammation of the liver in people who consume alcohol regularly. Boil amaranth and eat it like cereal or use it in recipes that call for grains.

Fonio – This is another one of the gluten-free pseudocereals. Until recently, it was not well known outside parts of Africa, but it is gaining worldwide favor because of its nutritional value. Fonio is full of fiber to aid digestion and has a low glycemic index, so it won't cause your blood sugar to rise and might help you lose weight. Its high concentration of iron can help to prevent anemia, especially in women. Fonio provides essential amino acids that the body needs but can't produce on its own, and these amino acids help to detoxify your body. And because it digests slowly and evenly, it can

provide you with energy for hours. The vitamins and minerals in fonio help you grow strong and healthy hair, nails, skin, bones, and teeth. Fonio has a nutty flavor and looks similar to brown sugar, with tiny grains. It can be used in recipes like couscous.

Kamut – This grain has a nutty flavor and is a good source of minerals as well as fiber and protein. One cup of kamut has ten grams of protein, and almost thirty percent of the dietary fiber you require daily. The selenium and manganese help your hormones stay balanced, and the zinc and magnesium provide nutrients to your bones and your immune system. Boil this grain until it is very tender and use it as a basis for any kind of salad. Its nutty flavor pairs particularly well with fruits.

Quinoa – This protein-rich plant food is gluten-free and contains all nine of the essential amino acids, the ones your body can't produce on its own. This grain crop is another one of the pseudocereals that are cooked and eaten like a grain would be. Quinoa comes in black, white, and red. One cup of cooked quinoa has two hundred twenty-two calories, with only four grams of fat. The plant compounds in quinoa have anti-depressant, anti-cancer, anti-viral, and anti-inflammatory properties. Quinoa is good for helping control your levels of blood sugar because of its low glycemic index, and it is higher in fiber than most grains. It can help to reduce levels of triglycerides and insulin in your blood. Quinoa should always be rinsed well before it is cooked because the compounds found on the outer layer that help to protect the grain taste very unpleasant when they are cooked. Boil quinoa until the grains are soft and can be fluffed with a fork, and then serve it with any other food, as it complements meats, fruits, and veggies equally.

Rye – Bread made with rye will keep you feeling fuller for longer than bread made with wheat. Rye is popular all over the world because it is easy to grow, grows well even in poor soil, and doesn't seem to care if the climate is hot or cold. When rye is made into flour, the darker the flour means, the higher the fiber content is. Rye flour and bread are recommended for people with diabetes because of the low glycemic index that rye has. It is proven to lower cholesterol and improve the function of your digestive system. When compared to regular bread, rye bread has twice the amount of potassium and thirty percent more iron. The polyphenols in rye are powerful antioxidants. People who regularly

consume products made from rye are known to have less chance of developing heart disease and gallstones. The fiber content helps to remove toxins from your body, so it can help reduce the possibility you will develop cancer of the colorectal system.

Spelt – This is one of the ancient grains. It is a true grain and is not gluten-free. Nutritionally spelt is very similar to wheat, although it does have more protein. Spelt provides fiber and is relatively high in carbs, making it a bit higher on the glycemic scale than the other allowed grains. It has more than one hundred percent of the manganese that you need every day and is also an amazing source for iron, zinc, magnesium, and phosphorus. Use spelt flour in recipes instead of wheat flour.

Teff – This is actually a seed and not a grain, but it is used in many of the same ways as grains are. Teff is an invaluable source of dietary fiber in third-world countries. It also has the resistant starch that helps to manage weight, blood sugar, and the health of your colon and digestive system. Teff is also gluten-free. It contains sixty-nine percent of the magnesium your body needs on a daily basis to promote the health of your cardiovascular, nervous, and muscular systems. It can help you avoid developing diabetes, heart attacks, and migraine headaches. Teff is also a good source of vitamin C, which many grains do not provide. Teff flour can be a substitute partly or completely for wheat flour or boiled and used as a topping or garnish for stews, soups, and vegetable dishes.

Wild Rice – This is not actually rice but the seed of a grass that grows in water, but it is cooked and eaten just like rice. A one-half cup serving provides one hundred calories, which is slightly lower than either white rice or brown rice. Since it is high in nutrients and low in calories, it is considered to be a nutrient-dense food that is a great plant source of protein and minerals. It has twice as much protein and fiber as brown rice or white rice. The antioxidants in wild rice help to prevent the development of many cancers and will also protect you against aging. Wild rice is chewy and has a slightly nutty flavor. Mix it with other grains or serve it as a side dish. You can also mix wild rice in casseroles and soups.

Seeds and Nuts

(Including the butters from these seeds and nuts)

Brazil nuts – This tree nut has a smooth, buttery texture and are usually eaten blanched or raw. One ounce of Brazil nuts has just one hundred eighty-seven calories and is richer in selenium than any other nut. They also have more zinc, copper, and magnesium than almost any other nut. The selenium in Brazil nuts helps to keep your thyroid gland healthy, and the antioxidants help to reduce inflammation. The compounds in Brazil nuts can also help the function of your brain and nervous system.

Walnuts – These nuts have a higher level of antioxidants than any other nut. This is because of the high levels of melatonin and vitamin E in walnuts that help to neutralize the bad cholesterol in your blood. Walnuts are also higher in omega-3 fatty acids than all of the other nuts people eat. The polyphenols in walnuts help to decrease inflammation in your body. Regular consumption of walnuts feeds the good bacteria in your digestive system. Compounds in walnuts may help to turn off the hunger triggers in your brain, which will make you feel less hungry and might help you lose weight. And the natural oil in walnuts can help you regulate your blood sugar levels and blood pressure.

Raw Sesame Tahini Butter – One tablespoon of tahini butter provides ninety calories and three grams of healthy protein. It is a great source of both manganese and phosphorus, which promotes healthy bone growth. The antioxidants in tahini butter can help to fight inflammation and free radicals in your body. And sesame tahini butter may have antibacterial properties because of the antioxidants it carries. Tahini is also known to aid in the health of your brain and nervous system. Tahini butter makes a great dip for sliced veggies or bread, and it can also be spread on bread for a sandwich filling. It is also good when added to salad dressings.

Raw Sesame Seed – These seeds have been used in folk medicine for centuries. Sesame seeds are a wonderful source of fiber and may lower the triglycerides and bad cholesterol in your blood. Three tablespoons of sesame seeds provide five grams of healthy plant protein, and their magnesium levels can help to lower your blood pressure. They are also loaded with calcium, which will promote healthy bone growth. The

antioxidants in sesame seeds can help to reduce inflammation and may also help keep your kidneys healthy. The levels of copper, iron, and zinc will aid in keeping your immune system functioning properly. Sesame seeds are very easy to add to your diet. You can add them to cold or hot cereal, stir-fries, salads, salad dressings, smoothies, and casseroles.

Hemp Seeds – Ground hemp seeds can be made into dairy-free milk. These seeds are technically a nut and have a nutty flavor. They have a higher level of protein than most other seeds do. The amino acids in hemp seeds can help to prevent heart disease, and they will also help keep your hair and skin healthy. One-fourth of the calories in hemp seeds come from protein, so the seeds are a great source of plant-based protein, and they contain all nine of the essential amino acids your body can't produce. When the seeds are eaten whole, they may aid in healthy digestion because of their fiber content. Hemp seeds can be eaten roasted, cooked, baked, or raw. Add them to cereals, smoothies, salads, and casseroles. Hemp seeds can also be made into very healthy oil.

Oils

Olive oil – While all olive oils are good for you, the extra virgin olive oil is the best one for your health. Extra virgin olive oil is processed without using heat or chemicals, so it is nothing but pure olive oil. Olive oil is loaded with antioxidants that can help reduce the risk of developing many chronic diseases like cancer and heart disease. They will also help lower your levels of bad cholesterol and fight inflammation in your body. The monounsaturated fat in olive oil is associated with a reduced risk of strokes and heart disease.

Coconut oil – This oil has a unique combination of fatty acids that may help boost brain function, heart health, and fat loss. Coconut oil may promote fat loss. They may also increase the levels of good cholesterol in your body. Eating coconut is associated with a significant decrease in the risk of developing heart disease. Certain compounds in coconut act as microbial, and can help rid your body of fungus, viruses, and bacteria. And the fat in coconut can help reduce your hunger.

Grapeseed oil – This oil has antioxidant, antimicrobial, and anti-inflammatory properties. The antimicrobial properties can help keep your

skin healthy and free from irritations of the skin, as well as making your skin softer. It provides high amounts of vitamin E and polyunsaturated fats. Grapeseed oil can help balance your insulin levels. Drizzle it freely on fresh veggies or use it to make an excellent salad dressing.

Sesame oil – This oil is high in anti-inflammatory properties and antioxidants. Sesame oil is almost completely unsaturated, and it is extremely healthy for your cardiovascular system. It can also help to reduce your blood sugar levels and blood pressure. The compounds in sesame oil can help ease the pains of arthritis as well as helping burns and wounds heal faster. Use sesame oil in any dish where you are looking for an Asian flavor like stir-fries. It is also great in dips and sauces.

Avocado oil – This oil is low in saturated fats and high in the monounsaturated fats that are good for your health. Compared to other oils, avocado oil is more beneficial than most for your heart health, and it can also help lower the bad cholesterol in your bloodstream. Avocado oil also contains an antioxidant that can keep your eyes healthy. The compounds in this oil help your body absorb the nutrients from other foods more easily. They will also assist in skin and hair health, and can help wounds heal faster. Avocado oil can be used hot or cold. You can pour it into a smoothie or hot soup, or drizzle it over a salad. Add avocado oil to dips, hummus, and salad dressings.

Chapter 4: Flavors of The Alkaline Diet

Just because a food is spicy does not mean that it is acidic to your body. Spices and herbs are acid, alkaline, or neutral, just like whole foods are. And just like with foods, the acidity or alkalinity is determined by the pH level of the food. On the Alkaline Diet, the spices and herbs that are allowed are divided into four categories of flavor, sweet, salty, mild, and spicy, and pungent. It is important to include some of each flavor daily to keep your body well balanced and to make the food you eat full of flavor. Traditional Chinese medicine also emphasizes eating some of all of the different flavors to create harmony inside of the body.

Sweet Flavors

Date sugar – Date sugar looks like brown sugar and is just as sweet, so it can be used as a substitute for brown sugar in equal amounts. It also tastes slightly like butterscotch. Date sugar is a great source for calcium, copper, magnesium, and iron. Since it is not a crystalline sugar like granulated sugar but is made of dehydrated and ground dates, date sugar will provide you with fiber. It contains antioxidants that can help to prevent cancer and diabetes, and date sugar might help to relieve constipation. Since it does not melt completely like granulated sugar, then it is best used for applications where complete melting is not needed. Use date sugar to sweeten your oatmeal, in recipes for muffins, and to sprinkle on top of your yogurt. It is used as a substitute for brown sugar in meat marinades and rubs.

Agave – Agave is a great substitute for granulated sugar, and it is much sweeter than granulated sugar. One-third cup of agave will equal the same sweetness as a full cup of granulated sugar. Agave has antioxidants that will benefit your immune system. It can also help your body to absorb nutrients from other foods better while it helps to decrease your appetite. Agave nectar is important to those who follow a vegan diet because it is made from plants and is not as refined as white sugar is.

Salty Flavors

Powdered granulated seaweed – While seaweed has many benefits, some people do not like the fishy taste that comes with eating seaweed. Powdered granulated seaweed will give you all of the benefits of seaweed without

giving you any of the fishy taste and smell. The natural fiber is seaweed will help to control your appetite, and the antioxidants will help keep your body healthy and functioning properly.

Pure sea salt – This is made by evaporating seawater. It has been used by many people around the world since ancient times. One of the primary ingredients in bath salts and body scrubs is sea salt. Sea salt is made mostly of sodium chloride, which is a compound that helps to regulate the balance of blood pressure and fluid in your body. The granules in sea salt are larger than the ones in table salt, so you don't need to sprinkle as much sea salt as table salt. Sea salt is also less processed than table salt is, so it retains more of its nutrients than table salt does.

Mild Flavors

Basil – This is a leafy green herb that is flavorful and can be used dried or fresh. The leaves can be used to make a tasty tea. Basil actually comes in many different varieties, with the most common being lettuce basil, which has a licorice flavor; cinnamon basil, which tastes and smells like cinnamon; Thai basil, commonly used in Asian dishes with its flavor that is like anise and licorice; Greek basil, that can be substituted for sweet basil with its mild flavor and strong aroma; and sweet basil that is the most commonly used, especially in Italian dishes. Basil is a popular traditional medicine remedy for nausea and can help improve the health of your nervous system and brain.

Cloves – These are used both ground and whole, and can be used in cakes, cookies, hot beverages, and meats. It is the main spice in gingerbread and in Indian cuisine. Cloves support the health of your liver and help balance your blood sugar levels. One teaspoon of ground cloves will provide you with more than half of the manganese you need daily for healthy bones and brain function. Cloves have antimicrobial properties and can help stop the growth of bacteria in your body, especially bacteria that grows in your mouth. Ground cloves will add a warm spicy flavor to curries and desserts. You can make clove tea by simmering a handful of whole cloves in boiled water for ten minutes. And whole cloves pushed into a ham while baking gives the ham a delicious flavor without the added sugar of a traditional sweet sauce used for ham.

Oregano – The strong flavor and subtle sweetness of this herb make it a favorite around the world. Oregano can be used dried, fresh, or as oil. It is rich in antioxidants, and oregano also has antibacterial properties. In addition to fighting off bacteria, oregano can also be useful in the fight against viruses. The antioxidants in oregano fight free radicals and help to decrease inflammation. While oregano is usually thought of as an herb for pasta dishes and pizzas, it has many other uses in the kitchen. Sprinkle oregano on a salad or mix it into a stew or soup. It is also delicious in salad dressings or fresh pesto.

Thyme – Besides being a staple item in many dishes, thyme also has medicinal properties. Substitute thyme for salt in your recipes to help lower your blood pressure. Make tea from the leaves to sip when you are sick to ease your cough and sore throat. Thyme is rich with vitamins A and C, so it gives a good boost to your immune system. Use thyme in rice and pasta dishes, and pesto. It is also delicious in poultry and fish dishes. Thyme is potent, so use it sparingly until you are used to its strength.

Bay leaf – This leaf has been used in traditional medicine for centuries, to promote sweating in sick people. Bay leaf can help prevent cancer by promoting the death of certain cells. The polyphenols in bay leaves help regulate blood sugar levels. Regular consumption of foods seasoned with bay leaves can help prevent kidney stones. Use bay leaves whole to flavor soups and stews.

Dill – Both the leaves and seeds of this plant are used in cooking. The seeds are aromatic and have a slightly citrusy flavor. The stems and leaves are also used. Dill works particularly well with potato dishes, salmon, and sauces made from yogurt. One full cup of dill has only four calories, but it is a good source of vitamins A and C and manganese. Dill also helps ease digestive upsets. The antioxidants in dill may benefit the health of your heart and your immune system. Besides being used in making pickled foods, fresh dill has many uses in the kitchen. It can be chopped and added to bread recipes, salads, salad dressings, marinades, sauces, soups, and roast veggies.

Savory – Also known as summer savory, this herb has been popular in traditional medicine remedies for centuries. When taken medicinally, it can be used for nausea, diarrhea, gas, indigestion, and sore throats and coughs.

When used in cooking, the herb has a slightly peppery flavor and mixes well with basil and thyme. Use savory in meat marinades and to add flavor to cooked veggies, especially dried beans.

Tarragon – This herb has a subtle flavor and is often used in soups, egg dishes, and to season chicken, beef, fish, and asparagus. One tablespoon of dried tarragon has only five calories but is a good source of potassium, iron, and manganese. Tarragon can help to improve your sensitivity to insulin, which will help decrease your blood sugar levels. It can also help to relieve inflammation and the pain associated with arthritis. The antibacterial properties of tarragon can help to prevent foodborne illnesses (food poisoning). Mix a bit into olive oil and use it to drizzle over roast veggies, fish, or chicken. Mix it into egg dishes or into sauces.

Spicy and Pungent Flavors

Sage – This herb is generally used in small amounts because of its strong flavor and aroma. Sage can be used dried or fresh. One teaspoon of sage has ten percent of the vitamin K your body needs every day. The antioxidants in sage help lower your cholesterol levels and lower your risk of cancer. Sage also has antimicrobial effects against many bacteria, especially the ones that live in your mouth. This herb seems to stop the breakdown of the chemical messenger that is needed for good brain and memory function. Sage is delicious in stuffing dishes and in roast veggies, as well as in soups. Add it into scrambles eggs and any tomato-based dish.

Habanero – This is a small but highly spicy pepper that is commonly found in Mexican dishes. Habaneros should be used sparingly because of their spice. One ingredient in habaneros, capsaicin, is commonly used in appetite suppressants because habaneros are known to aid in weight loss.

Compounds in habaneros can also help to prevent cancer, reduce blood pressure, and lower your cholesterol levels. Use a bit of minced habanero in any dish where you want a little added spiciness.

Onion powder – This is made from dehydrated onions, so it has the flavor of an onion without the mess associated with dicing an onion. It has a strong flavor but is low in sodium, so it makes a good substitute for salt in recipes, which is healthier for your heart. Onion powder is also low in calories and fat. It is high in potassium and magnesium.

Cayenne/African Bird Pepper – These have been used for centuries as medicinal herbs as well as in recipes. These are a kind of chili pepper and are closely related to jalapenos. These peppers also have capsaicin, which is the ingredient that makes them hot and can also help to control your appetite. The capsaicin can also help to lower your blood pressure and aid in the health of your digestive system. They also work to decrease inflammation in your body.

Achiote – This is also known as annatto, which is a type of food coloring that is made from the Achiote seeds. The flavor of achiote is peppery and slightly sweet, and it is available in oil, liquid, paste, and powder. It is loaded with antioxidants and has antimicrobial. Achiote as a food additive is used in body paints, heartburn relief, butter and cheese, and cakes and custards.

Chapter 5: Herbs of The Alkaline Diet

No kind of eating plan would be complete without a few herbs to make your food more enjoyable by making it taste better. You might even discover that you like a food you used to hate, if it has the right kinds of seasonings.

Herb List

Burdock – This is a root plant that has been used for centuries in traditional medicine to treat indigestion and fluid retention. Burdock is rich with antioxidants that can prevent some forms of cancer and can also remove toxins from your body. The root has antibacterial and anti-inflammatory properties, so it is often mashed and mixed with water to make a treatment for skin irritations. You can roast fresh burdock root, sprinkle the dried powder on soups and veggies, or steep chunks of the root in boiled water to make tea.

Chamomile – This herb has also been used for centuries in traditional medicine, especially when drank as tea. The antioxidants can help to prevent many chronic diseases, and it has compounds that will ease your digestive issues and help you fall asleep easily and sleep deeply. Chamomile tea is a great alternative to other teas because it is free of caffeine.

Elderberry – This is another of the medicinal herbs with centuries of use around the world, especially to treat skin irritations and infections. It can also be used to defend you from viruses and the symptoms of the common cold. Elderberries are high in fiber and vitamin C. The antioxidant content makes them ideal for preventing heart disease and easing inflammation.

Fennel – Fennel bulbs and fennel seeds can be used in cooking and for medicinal purposes. Fennel is low-calorie and rich in minerals, vitamins, and antioxidants, especially vitamin C. The polyphenols in fennel work to reduce the inflammation in your body, and fennel seeds can help to suppress your appetite. Certain compounds in fennel act as antibacterial agents. Roast fennel bulbs with other root veggies or chop it raw and add it to salads. Stir the seeds into soups and sauces.

Ginger – This little root is one of the most delicious and healthiest spices in the world. For centuries ginger root has been used medicinally to fight off viruses like the common cold and the flu, to ease digestive issues, and to reduce nausea. Regular consumption of ginger will reduce the muscle soreness and pain associated with exercise, and it can also relieve the symptoms of arthritis. Active compounds in ginger can inhibit the inflammatory responses in the brain that lead to loss of function and degenerative diseases.

Raspberry – These berries are low in calories and high in antioxidants, minerals, vitamins, and fiber. Red raspberries are both sweet and tart. The antioxidants will help prevent the development of many chronic diseases. The anti-inflammatory compounds may reduce the symptoms of arthritis, and they may help to decrease your appetite. Eat raspberries by themselves, add them to cereals and salads, or toss them into a smoothie.

Tila – This is also known as linden, and the tea has been used as a powerful sedative for centuries. The antioxidants help to fight inflammation and mild chronic pain. Tila may also help to promote the excretion of excess fluids to relieve bloating, and it can ease upsets of the digestive tract.

Herbal Teas

Burdock Tea – Select some fresh chunks of burdock root. They need to be somewhat firm and not too soft. The color can range from a light color like parchment paper to a dark brown that looks like tree bark. Only buy the root you can use immediately for tea, because they do not keep very well. Any leftover root should be put into a soup. If you chose a younger root, you could simply rinse it well, but an older root will need the outer skin scraped off. If you can't source fresh root, you can use one tablespoon of dried root that has been aged for at least one year. If you are using fresh root, then you will need two tablespoons of the root coarsely chopped. Boil the root with three cups of filtered water, and then let it simmer for thirty minutes. Move the pot from the heat and let the tea steep for another thirty minutes. Drink the tea to detox your body

Chamomile Tea – This is an herbal infusion that is made from the dried flowers of the chamomile plant steeped in water. Only Roman Chamomile and German Chamomile are used to make tea. This tea is naturally devoid

of caffeine and is often used as a sleep aid. Gather four tablespoons of fresh chamomile flowers, one small sprig of fresh mint, and eight ounces (one cup) of boiling water. Chamomile flowers should ideally be used the same day they are harvested to get the best flavor and medicinal benefits. You will want a tea ball, tea infuser, or a cheesecloth pouch to put the chamomile flowers and mint sprig in. Boil the water and then add in the flowers and mint. Allow the tea at least five minutes to steep. If needed, you can put the mint sprig and the chamomile flowers directly into the water while you boil and steep the tea, and then strain the tea well before drinking. Drink this tea to help you sleep.

Elderberry Tea – This is a delicious tea with the power to boost your immune system. Gather two cups of filtered water, one teaspoon of honey, one-half teaspoon of turmeric powder, one-half teaspoon of cinnamon, and two tablespoons of dried elderberries. Place the elderberries into a small saucepan with the filtered water and blend in the cinnamon and turmeric. Bring this to boiling and then let it simmer for fifteen minutes. The simmering will help to bring out the healing properties of the elderberries. Strain the tea water into a cup and blend in the honey as you desire. If you prefer this tea to be served cold, simply refrigerate it after straining or pour it over ice cubes. Drink elderberry tea when you feel a cold or flu coming on.

Fennel Tea – This is a good tea to drink when you have a digestive upset. Gather two teaspoons of fennel seeds, one cup of water, one teaspoon of dried lemon verbena, and one teaspoon of ginger that has been freshly grated. Crush the fennel seeds to release their healing compounds. Peel the chunk of ginger before you grate it. Add all of the ingredients into the water in a small saucepan and boil, and then let it simmer for ten minutes. Strain the tea and drink it immediately. Drink this tea whenever you need to soothe an upset stomach.

Ginger Tea – This is another tea to boost your immunity. It will also warm you in cold weather without giving you caffeine jitters. Rinse off the ginger root to remove any visible dirt. You don't need to peel the root unless you want to. Slice the ginger root, using about an inch of root for eight ounces of water. Put the water and the ginger root in a saucepan and boil, and then simmer for ten minutes. Strain the hot tea and drop in a slice of lemon and a

teaspoon of honey for flavor. Drink ginger tea any time your stomach or digestive system needs a little extra help.

Raspberry Tea – This tea is best served cold to get the best flavor. Use a large pot to boil four quarts of water with one and one-half cups of sugar. Take the pot from the heat and keep stirring until all of the sugar is dissolved. Put in twelve ounces of raspberries, ten regular tea bags, and one-fourth cup of lemon juice. Cover the pot and let all of this steep for ten minutes. Then strain the tea well and serve it over ice or refrigerate the tea until it is cold. Drink this tea to stay well hydrated.

Tila (Linden) Tea – This is one of the simplest of the herbal tea recipes. Add one tablespoon of dried linden flowers in a tea ball or mesh basket to three cups (twenty-four ounces) of boiling water. If you need to put the linden flowers directly in the water, just strain it well before drinking it. Cover the container and let the flowers steep for at least fifteen minutes. You can add honey to sweeten the tea if you desire, and feel free to drink this tea freely to soothe frazzled nerves.

Medicinal Uses

Burdock – Used medicinally to treat colds and flu, relieve joint pain and gout, bladder infections, digestive complaints, skin conditions like psoriasis and acne, and to relieve bloat and kill germs.

Chamomile – Used medicinally for insomnia, muscle spasms, treatment of wounds and ulcers, digestive disorders, relieve inflammation and arthritis pain, and the symptoms of colds and nasal allergies.

Elderberry – Used medicinally to treat the flu and the common cold, leg and back pain, sinus conditions, chronic fatigue syndrome, and nerve pain.

Fennel – Used medicinally to treat bloating and water retention, acne, indigestion and constipation, and nasal and chest congestion.

Ginger – Used medicinally to aid in digestion, reduce nausea, and fight the symptoms of the flu and the common cold.

Raspberry – Used medicinally to relieve digestive disorders and diarrhea, relieve symptoms of the flu and the common cold, ease infections of the airways, and assist with heart problems.

Tila (Linden) – Used medicinally to induce sweating in people with fevers, relieve coughs and other irritations of the throat, reduce nasal congestion, and soothe nerves and high blood pressure.

Chapter 6: Simple Alkaline Diet Recipes

The following recipes are loaded with foods that are good for you and are allowed on the Alkaline Diet. When you begin eating the right kinds of foods, you will soon see how much better you will feel and how much more energy you will have.

Breakfast Recipes

Apple Pancakes

Ingredients:

- Blueberries, fresh, one cup
- Spelt flour, one-half cup
- Olive oil, three tablespoons
- Apples, two peeled and grated
- Cinnamon, ground, one tablespoon
- Almond milk, one-third cup
- Egg, one beaten

Directions:

Beat the egg slightly and then mix in the flour, cinnamon, and the almond milk until you have a smooth batter. Stir in the grated apples. Spoon three tablespoons of the batter into hot olive oil and smooth it slightly to a pancake shape. Fry each individual pancake for two to three minutes on each side. Serve the pancakes topped with fresh blueberries if you like.

Scrambled Tofu With Veggies

Ingredients :

- Olive oil, three tablespoons
- Onion, diced, one-fourth cup
- Tofu, firm, one cup
- Paprika, ground, one-half teaspoon
- Cloves, ground, one-fourth teaspoon
- Baby spinach, one cup
- Tomatoes, diced, one cup
- Cumin, ground, one-half teaspoon
- Turmeric, ground, one-half teaspoon

Directions:

Fry the onions in the hot olive oil for three minutes. Stir in the tomatoes, cumin, tofu, turmeric, and paprika and simmer this mixture for ten minutes. Then stir in the spinach and stir often until the spinach is just slightly wilted and then serve.

Quinoa Porridge

Ingredients:

- Quinoa, one-half cup
- Honey, one teaspoon
- Chia seeds, one tablespoon
- Cinnamon, ground, one teaspoon
- Coconut oil, one tablespoon
- Almond milk, one-fourth cup

Directions:

Pour ice-cold water into a mixing bowl and soak the chia seeds for ten minutes. Drain the chia seeds. Use the directions from the package to prepare the quinoa. When the quinoa is prepared, mix in the chia seeds with the coconut oil, almond milk, cinnamon, and honey and blend everything well.

Healthy Granola

Ingredients:

- Pumpkin seeds, one cup
- Almonds, one cup
- Cinnamon, ground, one tablespoon
- Macadamia nuts, one cup
- Sunflower seeds, one cup
- Coconut oil, one tablespoon
- Coconut flakes, unsweetened, one cup
- Honey, one tablespoon
- Quinoa puffs, one and one-half cups

Directions:

Put all of the seeds and the nuts into a medium-sized mixing bowl and cover them with cold water. Soak them in the water overnight, and in the morning, drain off the water and throw it away. Spread the nuts and seeds on a dry surface and let them air dry. Once the seeds and nuts are dry blend them together with the coconut flakes, cinnamon, honey, and coconut oil in a large bowl. After the ingredients are well mixed together, lay the mixture out on a baking sheet and bake them for five minutes in a three hundred degree oven. When the granola mix is cooled, mix in the quinoa puffs and then eat this by itself or with milk as a cereal. Keep any portion not eaten immediately in an airtight container.

Egg Mushroom Plate

Ingredients:

- Olive oil, two tablespoons
- Egg, one
- Cherry tomatoes, one-half cup sliced in half
- Spinach, chopped, one cup
- Mushrooms, button, one-half cup

Directions:

Fry the tomatoes and the mushrooms for five minutes in the olive oil, and then blend in the chopped spinach just until it begins to wilt. Poach the egg in a separate skillet for two minutes. Place the spinach mixture on a plate for serving and lay the poached egg on top of the spinach mix.

Chia Seed Fruit Pudding

Ingredients:

- Chia seeds, one-fourth cup
- Almond milk, one cup
- Raspberries, one-fourth cup
- Blueberries, one-fourth cup
- Honey, one tablespoon

Directions:

Place the chia seeds into a small size mixing bowl and mix in the milk and the honey. This will need to set in the refrigerator for at least eight hours. Then stir well to mix the flavors, and add in the raspberries and the blueberries.

Cherry Tomatoes on Sprout Toast

Ingredients:

- Sprouts, one-fourth cup
- Spelt bread, two slices toasted lightly
- Avocado, mashed, one-half cup
- Cherry tomatoes, one-half cup sliced in halves
- Coconut oil, one tablespoon

Directions:

Lightly toast the spelt bread and then spread one side of each slice with the mashed avocado. Lay the slices of toast out on a serving plate and sprinkle the sprouts over both slices. Put the halves of the cherry tomatoes on top of the sprouts, and drizzle the coconut oil over the tomatoes.

Fruit Crepes

Ingredients:

- Olive oil, three tablespoons
- Spelt flour, one cup
- Water, three-fourths cup
- Chia seeds, one tablespoon
- Vanilla extract, one teaspoon
- Peaches or apples, sliced thinly, one-half cup

Directions:

Into a medium-size mixing bowl, put all of the ingredients and blend them together well until the batter is smooth and creamy. Heat the oil in a large skillet. Put one-fourth cup of batter into the hot oil and tilt the skillet slightly if needed to cause the batter to spread out thinly. Fry the crepe for one minute on each side. Drop a bit of fruit on each crepe and roll to serve.

Chocolate Chia Pudding

Ingredients:

- Chia seeds, one-fourth cup
- Vanilla extract, one teaspoon
- Cocoa powder, one tablespoon
- Honey, one teaspoon
- Cinnamon, ground, one teaspoon
- Almond milk, one-half cup

Directions:

Put all of the ingredients that are listed above into a container with a lid that fits well and mix them together completely. Set the container in the refrigerator overnight. In the morning, stir the pudding well and enjoy.

Super Seed Pancakes

Ingredients:

- Coconut oil, one teaspoon
- Sesame seeds, one-fourth cup
- Pumpkin seeds, one-fourth cup
- Almond milk, two tablespoons
- Honey, one teaspoon
- Baking soda, one teaspoon
- Chia seeds, one-fourth cup
- Flax seeds, one-fourth cup
- Baking powder, one-half teaspoon
- Cinnamon, ground, two tablespoons
- Spelt flour, one cup

Directions:

Grind all of the seeds together until they form fine powdery flour. Mix the ground seeds with the spelt flour, cinnamon, baking powder, and the baking soda until all of the dry ingredients are well blended. Then stir in the milk and the honey until the batter is creamy and smooth. Use one-fourth cup for each pancake and fry them for three minutes on each side in the coconut oil.

Apple Quinoa Hot Cereal

Ingredients:

- Cinnamon, ground, one tablespoon
- Quinoa, cooked, one-half cup
- Water, one-half cup
- Lemon zest, one teaspoon
- Apple, peeled and cored, one grated

Directions:

Add the cinnamon, grated apple, and the water into the cooked quinoa and let it simmer for five minutes before serving.

Kale Chickpea Mash

Ingredients:

- Sea salt, one-half teaspoon
- Coconut oil, two tablespoons
- Onion, one-fourth cup chopped
- Garlic, minced, three tablespoons
- Chickpeas, one can drained and rinsed
- Kale, chopped, one cup

Directions:

Fry the garlic with the onion in the hot coconut oil for five minutes, stirring often so they will brown well but not burn. Add in the chickpeas and mix well, and then cook this for five minutes more. Then add the kale and cook for five minutes or until the kale begins to wilt. Sprinkle the sea salt over the top, stir once, and serve.

Sprout Wraps

Ingredients:

- Whole-grain tortillas, two
- Bean sprouts, one cup
- Black pepper, one teaspoon
- Cucumber, one sliced thin
- Sea salt, one teaspoon
- Lemon juice, one tablespoon
- Coconut oil, one tablespoon
- Parsley, one-half cup
- Onion, green, two stalks

Directions:

Let the tortillas come to room temperature if they are cold, or warm them in a microwave for fifteen seconds. Place half of the sprouts in the middle of each tortilla and spread them out slightly. Put thin slices of the cucumber on top of the sprouts. Chop the onion into small bits and sprinkle the bits over the cucumbers, and then season both mounds of veggies with the salt and pepper. Blend the lemon juice and the coconut oil in a small bowl and drizzle some of this over the veggies, then top with the chopped parsley. Roll each tortilla and serve them with any leftover coconut oil and lemon juice mixture for dipping if desired.

Breakfast Salad

Ingredients:

- Bean sprouts, two cups
- Onion, one half
- Avocado, one
- Orange, one
- Almonds, one-fourth cup sliced
- Baby spinach, chopped, two cups
- Tomatoes, two
- Lemon juice, two tablespoons

Directions:

Set out two bowls for serving. Lay one cup of baby spinach in each bowl. Put half of the sprouts into each of the bowls on top of the baby spinach. Chop the onion and the avocado and divide these between the two bowls. Peel the orange and divide the segments between the two bowls. Top each salad with a sprinkle of sliced almonds and a drizzle of lemon juice.

French Toast

Ingredients:

- Nutmeg, one-fourth teaspoon
- Eggs, two
- Rye bread, six to eight slices
- Vanilla extract, one teaspoon
- Almond milk, one-half cup
- Cinnamon, ground, one tablespoon
- Olive oil, two tablespoons

Directions:

In a medium-size mixing bowl, beat the egg well and blends in the milk, cinnamon, nutmeg, and vanilla until everything is mixed together well. Heat the olive oil in a skillet. Lay one slice of bread into the egg mixture and flip it over to coat both sides well. Fry the coated bread in the hot olive oil for two to three minutes on each side. Keep cooking until all of the bread has been used.

Lunch and Dinner Recipes

Onion and Bell Pepper Masala

Ingredients:

- Onion, one large peeled and chopped
- Olive oil, two tablespoons
- Sea salt, one teaspoon
- Green bell pepper, one cleaned and chopped
- Chili powder, one teaspoon
- Tomato sauce, three tablespoons
- Green chili, two chopped
- Garlic, minced, two tablespoons
- Turmeric, one teaspoon
- Cumin, ground, one teaspoon
- Ginger, grated, one one-inch piece

Directions:

And fry the onion, turmeric, ginger, garlic, cumin, and green chilies in a large skillet in the olive oil for seven or eight minutes, stirring often to mix well. Blend in the tomato paste with the chili powder, salt, and pepper and mix well, stirring in a bit of water if needed to make a smooth mixture. Cook all of this for five more minutes.

Tempeh Salad With Lemongrass

Ingredients:

- Lemongrass, two stalks, removes outer layer and mince
- Spelt flour, one tablespoon
- Cashews, one-half cup
- Garlic, minced, three tablespoons
- Shallots, five small thin sliced
- Lime juice, one teaspoon
- Soy sauce, two teaspoons
- Olive oil, three tablespoons
- Onion, one-half sliced thinly
- Cilantro, one tablespoon chopped
- Mint, one tablespoon chopped
- Sesame seeds, toasted, two teaspoons
- Agave nectar, two teaspoons
- Tempeh, three-fourths cup cut into one-fourth inch cubes

Directions:

Place three or four dry paper towels on a plate. Fry the onion, cilantro, mint, and sesame seeds in the hot oil for three minutes and then put them out on the paper towels to drain. Add the cashews to the oil and cook them for three minutes, then add them to the plate to drain, and then do the same thing with the shallots, frying them for three minutes. In a medium-size mixing bowl, toss the tempeh chunks with the honey, soy sauce, and spelt flour until they are well coated, and then fry them in the hot oil for five minutes. Drain the tempeh chunks with the other ingredients and then toss them together in a serving bowl and serve.

Lentil Stuffed Potato Cakes

Ingredients:

- **CAKES**
 - Gold potatoes, ten medium-sized
 - Spelt flour, one cup
 - Sea salt, one teaspoon
- **STUFFING**
 - Onion, one medium chopped
 - Olive oil, three tablespoons
 - Sea salt, one-half teaspoon
 - Black pepper, one teaspoon
 - Lentils, three-fourths cup cooked
 - Button mushrooms, one-half cup

Directions:

Peel the gold potatoes and then boil them for thirty minutes and then drain them. Mash the potatoes until they are creamy and blend in the sea salt and spelt flour. Fry the mushrooms and onions in a large skillet in the hot oil for five minutes. Stir in the lentils with the pepper and salt and cook this mixture for three more minutes, then let it come to room temperature. To create the potato cakes, you will put three tablespoons of the potato dough in one hand and flatten it slightly with the back of the spoon, then spoon one tablespoon of the lentil stuffing directly in the middle. Close your hand gently to form a ball of mashed potatoes around the lentil stuffing. Flatten the potato cakes slightly in the skillet and then fry them for four minutes on each side.

Thai Style Green Vegetable Curry

Ingredients:

- Sweet potato, one large
- Vegetable broth, two cups
- Sea salt, one teaspoon
- Black pepper, one teaspoon
- Coconut, shredded, three tablespoons
- Cumin, one-half teaspoon
- Turmeric, one teaspoon
- Lime juice, one tablespoon
- Broccoli, one head
- Eggplant, one small
- Fresh ginger, two inches, grated
- Coconut milk, one to two cups
- Red bell pepper, one
- Zucchini, one medium size

Directions:

Heat the broth to a rolling boil in a large soup pot. Add in the chopped zucchini, red bell pepper, ginger, broccoli, and sweet potato with the coconut milk, so the vegetables are covered with the liquid. Simmer this for thirty minutes while stirring occasionally to blend the flavors. Stir in the cumin, turmeric, salt, pepper, and lime juice and simmer for fifteen more minutes.

Kale and Squash Frittata

Ingredients:

- Sea salt, one teaspoon
- Kale, one small bunch
- Squash, one medium-sized
- Black pepper, one teaspoon
- Eggs, six
- Chili powder, one-half teaspoon
- Leeks, two diced
- Shallot, one chopped fine
- Coriander, ground, one-half teaspoon
- Cumin, ground, one-half teaspoon
- Lemon zest, one tablespoon
- Olive oil, two tablespoons

Directions:

Heat the oven to 350. Rinse the kale and set it to the side to dry. Wipe off the outside of the squash and cut off and discard the tips of both ends. Slice the squash into thin slices and lay the slices into the bottom of an eight by eight baking dish that has been coated with olive oil spray. Arrange the kale on top of the squash slices. Fry the leeks and the shallot in the hot olive oil for three minutes and then add them to the mix in the baking dish. Place the eggs into a medium-sized mixing bowl and then beat them with the cumin, coriander, chili powder, salt, and pepper, and then pour this egg mixture over the ingredients in the baking dish. Bake the frittata for thirty minutes.

Cauliflower Fried Rice With Kale

Ingredients:

- Kale, one bunch
- Riced cauliflower, sixteen ounces
- Soy sauce, one tablespoon
- Zucchini, one
- Coconut oil, one tablespoon
- Almonds, one-half cup
- Green onions, four
- Lime juice, two tablespoons
- Mint, one bunch
- Turmeric, ground, one teaspoon
- Ginger, ground, one teaspoon
- Parsley, one-half cup
- Cilantro, one-half cup

Directions:

Wipe off the outside of the zucchini and slice it very thinly. Chop the kale into a fine chop. Blend the turmeric and the ginger with the coconut oil and mix them in well, then heat the coconut oil mix in a large skillet. Stir in the cilantro, mint, and parsley and cook this for three minutes. Then blend in the kale and the riced cauliflower and cook this for five minutes while stirring occasionally. Then add in the almond, onion, and soy sauce and mix well. Transfer the mixture to a serving bowl and drizzle the lime juice over the mixture and serve.

Quinoa Chickpea Vegetable Bowl

Ingredients:

- BOWL
 - Pecans, toasted, one-fourth cup chopped
 - Sea salt, one teaspoon
 - Cherry tomatoes, one cup sliced in half
 - Black pepper, two teaspoons
 - Parsley, fresh, one-half cup chopped
 - Olive oil, three tablespoons
 - Quinoa, two cups cooked
 - Carrots, two, peel and sliced thin
 - Red onion, slice thin
 - Apricots, dried, one-fourth cup chopped
 - Cauliflower, broken into florets, one cup
 - Celery, three stalks sliced thin
 - Baby spinach, two cups
 - Kale, one bunch, remove stalks, and slice leaves thin
 - Chickpeas, one cup cooked drained rinsed
- DRESSING
 - Lemon juice, two tablespoons
 - Ginger, ground, one tablespoon
 - Dijon mustard, one teaspoon
 - Honey, one teaspoon
 - Olive oil, one-fourth cup
 - Red pepper flakes, one-fourth teaspoon

Directions:

Blend the ingredients together for the dressing while the quinoa is cooking. After the quinoa is cooked, divide it between two bowls for serving. Fry the carrots, together with the onions and celery in the hot olive oil for three minutes, stirring often. Then add in the kale, cauliflower, and chickpeas and stir well, then cook this for five minutes, stirring occasionally. Put in the spinach and tomatoes and cook this just until the spinach wilts, about three or four minutes. Spoon this mix over the warm quinoa and top it with the slices of dried apricots, then drizzle on the dressing as desired.

Zucchini Pasta With Onions and Peppers

Ingredients:

- Yellow onion, thinly sliced, one cup
- Zucchini noodles, two cups
- Olive oil, three tablespoons
- Sea salt, one teaspoon
- Orange bell pepper, one diced
- Red pepper flakes, one-fourth teaspoon
- Black pepper, one teaspoon
- Parsley, chopped, one tablespoon
- Tomato, diced, one cup
- Yellow bell pepper, one diced

Directions:

Boil the zucchini noodles for about five minutes until they become slightly soft. Stir the red pepper flakes, salt, and black pepper into the olive oil and fry the onion for five minutes. Mix in the diced bell peppers and cook them for ten more minutes. Stir in the tomatoes for one minute and then spoon this mixture over the zucchini noodles. Garnish the mix with the chopped parsley.

Black Bean Salad With Citrus Dressing

Ingredients:

- SALAD
 - Green bell pepper, one cleaned and diced
 - Cherry tomatoes, one cup sliced in half
 - Cilantro, chopped, one-half cup
 - Yellow corn, two cups
 - Red onion, one-half cup diced
 - Black beans, two cups
 - Avocado, one
- DRESSING
 - Orange juice, one-half cup
 - Sea salt, one-half teaspoon
 - Lime juice, one-half cup
 - Black pepper, one teaspoon
 - Cayenne pepper, one-fourth teaspoon
 - Honey, one-half teaspoon

Directions:

Blend all of the ingredients together for the dressing and set it off to the side. Mix in a medium-sized serving bowl all of the salad ingredients, toss the ingredients with the salad dressing, and set it in the refrigerator for two hours.

Sweet and Sour Cabbage

Ingredients:

- Black pepper, one teaspoon
- Green cabbage, three cups shredded
- Apple cider vinegar, three tablespoons
- Paprika, one-half teaspoon
- Dry mustard, one-fourth teaspoon
- Sea salt, one-half teaspoon
- Agave nectar, two tablespoons
- Red cabbage, three cups shredded
- Olive oil, three tablespoons
- Onions, diced, one-half cup

Directions:

Boil the cabbage for twenty minutes and then drain the water off, then set the cabbage off to the side, keeping it covered to keep it warm. Fry the onions for two minutes in a large skillet in the olive oil, and then stir in the vinegar, dry mustard, salt and pepper, paprika, and the honey and mix everything well. Pour this mixture over the boiled cabbage and toss it to mix everything well together.

White Beans With Veggies

Ingredients:

- Tomatoes, two cups diced
- Sea salt, one teaspoon
- Great northern beans, cooked, two cups
- Onion, one small diced
- Parsley, fresh, one-fourth cup
- Apple cider vinegar, one-half cup
- Celery, one-half cup diced
- Black pepper, one teaspoon
- Carrot, one-half cup peeled and diced
- Olive oil, three tablespoons

Directions:

Fry the celery, carrots, onion, and garlic in a large soup pot in the hot olive oil and fry these for ten minutes, stirring occasionally. Mix in the salt and pepper with the vinegar and boil all of this for five minutes. Stir in the beans and the tomatoes and simmer this mixture for five minutes. Spoon the bean mixture into serving bowls and garnish each bowl with chopped parsley.

Quinoa Bowls With Roasted Vegetables

Ingredients:

- Eggplant, one medium peeled and cut into cubes
- Cherry tomatoes, one cup sliced in half
- Quinoa, one cup
- Black pepper, one teaspoon
- Zucchini, one large cut into cubes
- Olive oil, three tablespoons
- Lemon juice, two tablespoons
- Green beans, one-half cup
- Sea salt, one teaspoon
- Garlic, minced, two tablespoons
- Parsley, one-half cup chopped

Directions:

Heat the oven to 400. Place the chopped zucchini, eggplant, and tomatoes in a medium-size mixing bowl with the green beans and toss everything with the olive oil. Lay the coated veggies out on a baking sheet and bake them for forty minutes. Cook the quinoa while the veggies are roasting. Blend the lemon juice with the garlic and the herbs and set this off to the side. When the veggies are roasted, mix them into the cooked quinoa and drizzle the mixture with the lemon juice mix.

Pad Thai With Zucchini Noodles

Ingredients:

- SAUCE
 - Almond butter, one-fourth cup
 - Tahini, one-fourth cup
 - Ginger, ground, one teaspoon
 - Agave nectar, one tablespoon
 - Tamari, one-fourth cup
 - Garlic, minced, one tablespoon
 - Lime juice, two tablespoons
- PAD THAI
 - Zucchini noodles, twenty-four ounces
 - Coconut oil, two tablespoons
 - Green onions, two chopped
 - Carrots, three large
 - Cilantro, one bunch, chopped
 - Cauliflower florets, one cup
 - Sprouts, one cup washed and dried
 - Red cabbage, one cup shredded

Directions:

Cut the carrots into thin ribbons and mix the ribbons with the onions, sprouts, cabbage, cilantro, and cauliflower. In a separate small-sized mixing bowl, blend the agave nectar with the lime juice, garlic, almond butter, tahini, tamari, and the garlic until it is smooth and creamy and then set it off to the side. This sauce needs to be somewhat thick, but you can add a few drops of water if it seems to be too thick. Pour this sauce into the bowl of veggies and toss everything together until all of the veggies are coated well with the sauce. Serve this mix over the zucchini noodles.

Kale Salad With Tahini Dressing

Ingredients:

- TAHINI DRESSING
 - Avocado, one half
 - Sea salt, one-half teaspoon
 - Tahini, one tablespoon
 - Black pepper, one teaspoon
 - Garlic, minced, one tablespoon
 - Lemon juice, two tablespoons
 - Avocado oil, one tablespoon
- SALAD
 - Kale, chopped with stalks removed, four cups
 - Basil, chopped, one cup
 - Radishes, thin sliced
 - Brussel sprouts, eight, sliced thin
 - Pumpkin seeds, one tablespoon
 - Carrot, one shredded
 - Cashews, chopped, one tablespoon
 - Almonds, chopped, two tablespoons
 - Cannellini beans, one-half cup

Directions:

Mix the dressing in a small-sized bowl for mixing and set it off to the side to allow the flavors to blend together while you prepare the salad. Then create the salad just mix all of the ingredients for the salad into a large size mixing bowl. Then cover the salad with the dressing and toss everything together gently but well.

Quinoa Stuffed Summer Squash

Ingredients:

- Spaghetti squash, two small or one large
- Sea salt, one teaspoon
- Shallot, one medium chopped
- Green peas, one cup steamed
- Black pepper, one teaspoon
- Garlic powder, one teaspoon
- Thyme, dried, two teaspoons
- Red bell pepper, one chopped
- Quinoa, cooked, one and one-half cups
- Walnuts, chopped, one-fourth cup
- Green onions, two sliced thin
- Orange bell pepper, one chopped
- Coconut oil, two tablespoons

Directions:

Heat the oven to 400. Wash the skins of the squash and dry them, then cut them in half down the length and scoop out the seeds. Bake the squash for forty minutes. While the squash is baking fry the shallots and the bell pepper in the hot coconut oil for five minutes. Mix in the quinoa, peas, walnuts, and the spices and blend everything together well. When the squash is completed baking stuff the skillet mixture into the baked squash and cut them in slices to serve.

Soup Recipes

Jamaican Spinach Soup

Ingredients:

- Onion, one chopped
- Olive oil, three tablespoons
- Red bell pepper, minced, one cup
- Allspice, ground, one-fourth teaspoon
- Spinach, fresh, one cup chopped
- Garlic, minced, four tablespoons
- Celery, chopped, two stalks
- Cayenne pepper, one-fourth teaspoon
- Vegetable broth, six cups
- Zucchini, four cups chopped
- Sea salt, two teaspoons
- Ginger, ground, one tablespoon
- Sweet potatoes, two, peeled and diced
- Nutmeg, ground, one-fourth teaspoon
- Turmeric, ground, one-fourth teaspoon

Directions:

Set a large soup pot on high heat and add in the olive oil. Fry the onion, celery, and garlic for ten minutes. Stir in the zucchini and the sweet potatoes with the salt, turmeric, allspice, and nutmeg and mix them together well. Then pour in the vegetable broth and simmer the soup for ten minutes. Add in the cayenne pepper and the spinach and cook the soup for five more minutes and serve.

Split Pea Soup

Ingredients:

- Onion, one chopped fine
- Olive oil, one tablespoon
- Black pepper, one teaspoon
- Lentils, one-half cup
- Split peas, dried, two cups
- Thyme, ground, one-half teaspoon
- Basil, ground, one-half teaspoon
- Garlic, minced, three tablespoons
- Parsley, chopped, one-half cup
- Yams, three diced fine
- Celery, three stalks chopped fine
- Carrots, three, peeled and chopped fine
- Water, eight cups
- Sea salt, one teaspoon

Directions:

Fry the minced garlic and the chopped onion in the hot oil in a soup pot for five minutes. Add in the salt, pepper, peas, lentils, and water and let this boil. Simmer the soup for two hours after it boils. Stir in the carrots, yams, and celery with the parsley, basil, and thyme and simmer for one more hour.

Creamy Pumpkin Soup

Ingredients:

- Pumpkin, four cups
- Olive oil, four tablespoons
- Agave nectar, two tablespoons
- Garlic, minced, two tablespoons
- Yellow onion, one large chopped
- Coconut milk, one-half cup
- Cinnamon, ground, one-half teaspoon
- Sea salt, one teaspoon
- Vegetable broth, four cups
- Black pepper, one teaspoon
- Cayenne pepper, one-fourth teaspoon
- Cloves, ground, one-fourth teaspoon
- Nutmeg, ground, one-half teaspoon

Directions:

In the hot oil fry the chopped onion and the minced garlic in a large soup pot for ten minutes, stirring occasionally. Stir in the pumpkin, broth, cinnamon, nutmeg, cloves, black pepper, and the cayenne pepper and mix everything together well. Let the soup simmer for thirty minutes while stirring often. After thirty minutes, mix in the milk and the agave nectar, stir them in well and serve the soup.

Black Bean Soup

Ingredients:

- Garlic, minced, five tablespoons
- Sea salt, one teaspoon
- Lime juice, two tablespoons
- Onion, two medium yellow finely chopped
- Olive oil, two tablespoons
- Cilantro, chopped, one-fourth cup
- Vegetable broth, four cups
- Black beans, four fifteen-ounce cans, drained and rinsed
- Carrot, one peeled and sliced thin
- Black pepper, one teaspoon
- Celery, three stalks finely chopped
- Red pepper flakes, one-half teaspoon
- Cumin, ground, four teaspoons

Directions:

Fry for ten minutes the celery, carrots, onion, and garlic in the hot oil in a large soup pot. Blend in the cumin and the red pepper flakes. Stir in the beans and the broth to the mixture in the pot and then simmer the soup for one hour. Mix in the cilantro and lime juice with the salt and pepper and serve the soup.

Curried Cauliflower Soup

Ingredients:

- Cauliflower, one large head broken into florets, chops the stems
- Basil, chopped, one tablespoon
- Green onion, chopped, one-fourth cup
- Onion, organic, one medium diced
- Olive oil, four tablespoons
- Black pepper, one teaspoon
- Sea salt, one teaspoon
- Lemon zest, one teaspoon
- Curry powder, two tablespoons
- Agave nectar, one tablespoon
- Coconut milk, two cups
- Vegetable broth, two cups

Directions:

Heat the oven to 400. Put the cauliflower florets in a large-sized mixing bowl and pour three tablespoons of the oil over them then toss the florets to coat them well. Lay the cauliflower florets out on a cookie sheet and bake them for thirty minutes. While they are baking, put the other one tablespoon of the olive oil in a large skillet and adds in the onions, curry powder, and the lemon zest and fry the onion for five minutes. Then add in the broth with the milk and sugar and blend well. Mix in the baked cauliflower and let this mixture simmer for ten minutes.

Quinoa Vegetables Soup With Kale

Ingredients:

- White onion, one chopped
- Olive oil, three tablespoons
- Lemon juice, two teaspoons
- Kale, one cup chopped
- Great northern beans, one fifteen ounce can drain and rinse
- Black pepper, one teaspoon
- Red pepper flakes, one-fourth teaspoon
- Squash, chopped, one-half cup
- Bell pepper, chopped, one-half cup
- Sea salt, one teaspoon
- Water, two cups
- Vegetable broth, four cups
- Celery, two stalks chopped
- Yam, chopped, one-half cup
- Carrots, two peeled and chopped
- Quinoa, uncooked, one cup
- Diced tomatoes, one cup
- Thyme, one-half teaspoon
- Garlic, minced, three tablespoons
- Zucchini, chopped one-half cup

Directions:

Fry the carrot, celery, onion, and bell pepper in the hot olive oil in a soup pot for five minutes. Add in the yam, squash, zucchini, salt, black pepper, and the cayenne pepper and cook for ten more minutes. Mix in the garlic and the thyme. Then stir in the quinoa, tomatoes, broth, and water and mix everything together well. Simmer the soup for thirty minutes. Then stir in the beans, greens, and the lemon juice and simmer the soup for a final fifteen minutes.

Avocado and Butternut Squash Chili

Ingredients:

- Avocado, two diced
- Sea salt, one tablespoon
- Red onion, one chopped
- Olive oil, two tablespoons
- Vegetable broth, two cups
- Diced tomatoes, organic, one cup
- Black beans, two fifteen ounce cans rinse and drain
- Cinnamon, ground, one-half teaspoon
- Cumin, ground, one teaspoon
- Orange bell pepper, chopped, one cup
- Garlic, minced, four tablespoons
- Butternut squash, peeled and chopped into cubes, two cups
- Red bell pepper, chopped, one cup
- Chili powder, one tablespoon

Directions:

Fry the red bell pepper, orange bell pepper, onion, and squash in the hot olive oil in a large size soup kettle for ten minutes. Stir in the cumin, garlic, chili powder, and the cinnamon and mix well and turn down the heat. Then stir in the tomatoes, broth, and the black beans and mix the ingredients together well. Simmer the chili for one hour.

Thai Curry With Vegetables Soup

Ingredients:

- White onion, chopped fine
- Coconut oil, one tablespoon
- Lime juice, two teaspoons
- Soy sauce, one tablespoon
- Ginger, ground, one tablespoon
- Sea salt, one teaspoon
- Agave nectar, two tablespoons
- Kale, chopped, two cups
- Water, one-half cup
- Yellow bell pepper, one, cleaned and sliced into thin strips
- Garlic, minced, two tablespoons
- Coconut milk, fourteen ounces
- Curry powder, two tablespoons
- Carrots, three, peeled and chunked

Directions:

Fry the chopped onions, minced garlic, and ground ginger in the hot oil in a soup pot for five minutes, stirring often. Blend in the bell pepper, carrots, and the curry powder and cook this for five more minutes. Stir in the water, agave nectar, soy sauce, coconut milk, and the kale and simmer all of this mixture for fifteen minutes while you stir occasionally.

African Style Walnut Soup

Ingredients:

- Walnuts, one-half cup chopped for garnish
- Red onion, one, fine chop
- Vegetable broth, six cups
- Turnip greens, one bunch with ribs removed fine chop
- Sea salt, one teaspoon
- Cayenne pepper, one-fourth teaspoon
- Tomato paste, one-half cup
- Almond butter, three-fourths cup
- Garlic, minced, two tablespoons
- Ginger, minced, two tablespoons

Directions:

Boil the broth in a large soup pot, and then stir in the onion, ginger, garlic, and salt. Let the soup simmer for twenty minutes. Stir the almond butter and the tomato paste together to make it into a creamy paste, and then add in two cups of the hot broth from the pot to make the paste smooth and creamy. Return this blended mixture back into the pot and add in the turnip greens and the cayenne pepper. Let the soup simmer for fifteen more minutes and then garnish each bowl with the chopped walnuts to serve.

Curried Red Lentil Soup With Dried Cherries

Ingredients:

- Ginger, ground, one tablespoon
- Olive oil, one tablespoon
- Cilantro, three tablespoons finely chopped
- Dried cherries, tart, one-half cup chopped
- Carrots, peeled and diced finely, one cup
- Shallot, chop fine, one-fourth cup
- Red lentils, one cup rinsed
- Water, five cups
- Coconut milk, one-half cup, and one-fourth cup
- Curry powder, two teaspoons
- Sea salt, one teaspoon
- Garlic, minced, five tablespoons

Directions:

Fry the garlic, ginger, shallot, and carrots for five minutes in the hot olive oil in a large soup pot. Then stir in the curry powder, salt, water, lentils, and one-half cup of the coconut milk. Mix the entire ingredients together well and then let the soup boil. After the soup boils, let it simmer for fifteen minutes, and then stir in the cilantro, cherries, and the one-fourth cup of the milk and serve.

Mexican Quinoa Stew

Ingredients:

- Quinoa, one-half cup
- Sea salt, two teaspoons
- Cayenne pepper, one-fourth teaspoon
- Cilantro, one-fourth cup
- Cumin, ground, two teaspoons
- Black beans, one fifteen ounce can drain and rinse
- Celery, two stalks fine chopped
- Yellow onion, one medium chopped fine
- Black pepper, one teaspoon
- Diced tomatoes, two cups
- Water, four cups
- Jalapenos, two seeded and chopped
- Garlic, minced, two tablespoons
- Carrots, three chopped fine
- Olive oil, one tablespoon

Directions:

Fry the onion, celery, carrots, garlic, and jalapeno in the hot olive oil for eight minutes in a large soup pot while stirring occasionally. Blend in the cayenne pepper, cilantro, salt, cumin, black pepper, beans. Tomatoes, quinoa, and the water and boil all of these ingredients. Then let the soup simmer for twenty minutes and serve.

Curried Chickpea and Sweet Potato Soup

Ingredients:

- Yellow onion, one large, peeled and diced
- Olive oil, two tablespoons
- Cayenne pepper, one-fourth teaspoon
- Kale, chopped, three cups
- Chickpeas, one fifteen ounce can drain and rinse
- Sweet potatoes, peeled and diced, three cups
- Red bell pepper, one clean and chopped
- Water, two cups
- Vegetable broth, four cups
- Sea Salt, one teaspoon
- Curry powder, two tablespoons

Directions:

Fry the red bell pepper, onion, and sweet potato in the olive oil for five minutes while stirring often. Pour in the vegetable broth, water, curry powder, and cayenne pepper and boil the soup for ten minutes, stirring often. Then simmer the soup mix for thirty minutes, and then stir in the chickpeas and the kale and simmer the soup for five more minutes.

Traditional Stew Recipe

Ingredients:

- Tomato paste, two tablespoons
- Garlic, minced, four tablespoons
- Parsley, one-fourth cup chopped
- Thyme, one teaspoon
- Black pepper, one teaspoon
- Celery, three stalks cut in chunks
- Sweet potato, two peeled and cut into chunks
- Yellow onion, one large peeled and diced
- Olive oil, two tablespoons
- Carrots, two large peeled and cut into chunks
- Vegetable broth, four cups
- Spelt flour, one-fourth cup
- Balsamic vinegar, one tablespoon

Directions:

Fry the onions in the hot olive oil for five minutes in a large soup pot. Stir in the garlic and fry for two more minutes, and then blend in the tomato paste. Then blend in the spelt flour and the vinegar and mix everything together well. Mix in the sweet potatoes, carrots, celery, black pepper, thyme, and the broth and mix well. Let the soup simmer for one hour while stirring occasionally. Garnish the soup with the chopped parsley and serve.

Spicy Lentil Soup

Ingredients:

- Onion, one chopped
- Lemon juice, two tablespoons
- Curry powder, one teaspoon
- Collard greens, fresh, chopped, one cup
- Diced tomatoes, one twenty-eight ounce can drained
- Thyme, ground, one-half teaspoon
- Black pepper, one teaspoon
- Red pepper flakes, one-fourth teaspoon
- Sea salt, one teaspoon
- Water, two cups
- Vegetable broth, four cups
- Lentils, one cup
- Cumin, ground, two teaspoons
- Garlic, minced, four tablespoons
- Carrots, two peeled and chopped
- Olive oil, one-fourth cup

Directions:

In a large soup kettle, put the olive oil. Stir into the warm oil the carrot, garlic, and onion and cook for five minutes while stirring often. Sprinkle in the curry powder, thyme, and cumin and mix together well. Place the red pepper flakes, black pepper, salt, lentils, water, broth, and tomatoes and bring the mix to a boil. Lower the heat under the soup pot and allow the soup to simmer for at least thirty minutes. Then add in the chopped greens and cook the soup for five more minutes. Stir in the lemon juice and serve.

Tomato Basil Soup

Ingredients:

- Tomatoes, peeled and diced
- Sea salt, one teaspoon
- Tomato juice, four cups
- Black pepper, one teaspoon
- Olive oil, one-half cup
- Basil, ground, one teaspoon
- Almond milk, one cup

Directions:

Cook the tomato juice and the tomatoes with the basil over a low heat for thirty minutes. Puree the entire mix in a blender and then return the pureed mixture to the pot. Mix in the almond milk, salt, pepper, and olive oil, and mix everything together well. Simmer the soup for thirty minutes to allow the flavors to blend but do not allow the soup to boil.

Dessert Recipes

Lemon Zucchini Cake

Ingredients:

- Olive oil, six tablespoons
- Agave nectar, one cup
- Lemon juice, two tablespoons
- Almond milk, one-third cup
- Eggs, two at room temperature
- Lemon zest, two tablespoons
- Zucchini, shredded, one and one-half cup
- Sea salt, one-half teaspoon
- Baking powder, one and one-fourth teaspoons
- Spelt flour, two cups
- Almond extract, one teaspoon

Directions:

Heat the oven to 350. Use olive oil spray oil to lightly coat a loaf-shaped pan. Sift together the baking powder, salt, and flour. Cream together the milk, olive oil, agave nectar, lemon juice, and eggs. Stir in the almond extract and the lemon juice. Pour this mixture in the flour mixture and blend everything together well. Fold in gently the lemon zest and the zucchini. Spoon the well-mixed batter into the loaf-shaped pan and bake for forty to fifty minutes. Cool the loaf bread completely before slicing.

Banana Almond Pudding

Ingredients:

- Bananas, three large cut in slices
- Vanilla extract, one teaspoon
- Almond extract, one teaspoon
- Spelt flour, one-half cup
- Eggs, six
- Almond nut butter, three tablespoons
- Almond milk, three and three-fourths cups
- Date sugar, one-half cup

Directions:

Beat together in a medium-sized mixing bowl the date sugar, flour, and eggs and pour this into a pot. Stir in the milk and simmer this mixture for five to eight minutes or just until it begins to turn thick. Add in the nut butter and the extracts and cook this mixture for one minute more. When the pudding has cooled slightly, place the sliced bananas in a bowl or dish and pour the pudding mix over the banana slices. Cover the bowl of pudding tightly and refrigerate it to allow the pudding to chill before serving.

Berry Parfait

Ingredients:

- Almond milk, unsweetened, one cup
- Cashews, chopped, one-half cup
- Hemp seeds, one tablespoon
- Vanilla extract, one teaspoon
- Oats, one-third cup
- Frozen blueberries, unsweetened, thawed, one cup

Directions:

Crush the cashews and mix them with the vanilla extract and the coconut milk until the mixture is smooth and creamy. Put in layers in a parfait glass the oats, coconut cream, berries, and hemp seeds.

Pumpkin Pie

Ingredients:

- **PIE CRUST**
 - Almonds, raw, one cup
 - Cinnamon, ground, one teaspoon
 - Apricots, one cup
 - Coconut flakes, unsweetened, one cup
- **PIE FILLING**
 - Pecans, one cup (will work best if they are soaked overnight)
 - Vanilla extract, one teaspoon
 - Sea salt, one-fourth teaspoon
 - Pumpkin puree, one and one-fourth cups
 - Nutmeg, ground, one-half teaspoon
 - Cinnamon, ground, one-half teaspoon
 - Dates, six

Directions:

Chop all of the ingredients for the pie crust in a food processor for one or two minutes until all of it begins sticking together. Then put the mixture in a nine-inch pie pan that is coated with spray olive oil and press the mixture down into the pie pan with your fingers to mold it in. Pour all the ingredients for the pie into a blender and mix them until they are creamy and smooth. Then pour the pie mix into the pie shell and set in the refrigerator until it is well set. To serve the pie, sprinkle the top with ground cinnamon.

Vanilla Coconut Chia Pudding

Ingredients:

- Cashews, raw, one-half cup
- Coconut water, two cups
- Chia seeds, six tablespoons
- Dates, three pitted
- Coconut oil, two tablespoons
- Cinnamon, ground, one tablespoon
- Vanilla extract, two teaspoons
- Coconut flakes, unsweetened, one tablespoon

Directions:

Blend together everything except for the chia seeds until all of the ingredients are well mixed. Then stir in the chia seeds to the mixture and mix on the blender's lowest setting until the chia seeds are finely ground, and the entire mixture is creamy and smooth. Put the mix in a container with a well-fitting lid and refrigerate it for at least six hours before serving.

Alkaline Drink Recipes

When you are beginning a new way of eating, one of the most important things you can do to help your body is to detox your body. This will fully enable all of the new healthy foods you will be eating to have the best overall effect on your body. Starting every day with one of these drinks will give you a nutritional edge. Upon arising your body is depleted of its needed nutrients, and it is also slightly dehydrated, so starting the day with a refreshing alkalizing drink will benefit you in so many ways. And filling your body with antioxidant-rich ingredients first thing in the morning will give your immune system a much-needed boost so it will be able to fight off the viruses that try their best to get you during the day. And since any level of acidity in your body will interfere with your good digestion, starting off your daily nutrition with a healthy drink will flush toxins out of your body and prepare your digestive tract for a day of good nutrition.

Lemon Cucumber Alkaline Water

Ingredients:

- Water, two cups
- Cucumber, four slices
- Lemon, three slices

Directions:

Place the slices of cucumber and lemon into the water in a covered container and let the container sit at room temperature overnight. This drink may be chilled before serving or served over ice.

Ginger Carrot Apple Spinach Juice

Ingredients:

- Celery, one stalk
- Cucumber, one half
- Ginger root, fresh, one one-half inch slice
- Apple, green, one half minus core
- Lemon, one peeled
- Carrot, one washed
- Spinach or kale, fresh, one cup

Directions

Juice all of these ingredients in the juicer or blend in a blender and drink immediately.

Peachy Power Smoothie

Ingredients:

- Banana, one frozen and peeled
- Orange juice, one-half cup
- Chia seeds, one teaspoon
- Almond milk, one-half cup
- Peach, one peeled and pitted
- Agave nectar, two tablespoons

Directions:

Add the agave nectar, peach, banana, and orange juice to a blender and blend until everything is creamy and smooth. Then add in the chia seeds and the milk and blend again.

Triple Berry Smoothie

Ingredients:

- Almond milk, one cup
- Blueberries, frozen, one cup
- Agave nectar, one tablespoon
- Raspberries, frozen, one cup
- Strawberries, fresh, chopped one cup

Directions:

Mix the agave nectar, strawberries, and the almond milk in a blender until smooth. Then add in the blueberries and the strawberries and blend again until all of the ingredients are creamy and smooth. Garnish with additional berries if desired for serving.

Blueberry Basil Smoothie

Ingredients:

- Banana, frozen, one
- Blueberries, frozen, two cups
- Almond butter, one tablespoon
- Flaxseed, ground, one tablespoon
- Lemon juice, one tablespoon
- Basil, fresh chopped, one-fourth cup
- Almond milk, one cup

Directions:

Use a counter top blender to mix all of the ingredients together and blend them on high until completely smooth and creamy. You can add a bit more of the almond milk if the mix is too thick.

Chapter 7: Herbal Healing

Now you can begin your own regular routine of herbal healing, which means you know how to use the food you consume as medicine to treat the things that ail you, the chronic conditions that lead to chronic diseases, and keep you in overall poor health. Herbal medicine is also known as herbalism, and it is based on consuming parts of plants to heal you.

Drinking teas made from herbs is one of the best and easiest ways to use herbs and plants for health, besides eating food that is good for you. You can also use plants in other ways for your health. You can make an infusion of a part of a plant by steeping it in hot water for a period of time. When you add chopped bits of plants to cold water and allow it to stand and steep for longer time periods, this is known as maceration. When using this method, the water will absorb the minerals from the plant parts. When you boil the roots or the bark of the plant you have made a decoction. Any of these methods can be used with any plant, and the liquid that comes from these methods will be full of minerals and vitamins that will keep you healthy.

You may already be using herbal preparations in your everyday life without knowing you are doing it. An extract is a preparation of herbs where tinctures are distilled into an extract. A tincture is made when you mix the herb with one hundred percent pure ethanol and allow it to steep. The longer it steeps, the stronger the tincture will be. Completed tinctures have an alcohol content that will measure at least twenty-five percent. The percentage of alcohol in an extract is even less than the alcohol content of a tincture. So if you have ever cooked a dish that calls for using pure vanilla extract, pure lemon extract, pure maple extract, etc., you have used an herbal preparation.

And while Americans are becoming better at using herbal medicines on a daily basis, the Asians and Europeans have centuries of practice to draw on. These are the things that Dr. Sebi tried to teach his followers. The art of being healthy goes beyond just eating healthy foods, although that is an important part of the equation. It is important that everything you do for yourself will help to keep you healthy. People from China and India are particularly good at compounding herbs, a process which refers to mixing

several herbs in a particularly balanced formula in order to provide treatment for a specific problem. These are formulas that have been used for thousands of years and are quite effective in their treatment of ailments. But the goal of using these compounds is not just to treat a specific disease or relieve a specific symptom. The goal of botanical medicine is to create changes in your body that are designed to make your body chemistry work better and to be in better balance so that a permanent cure and a healthier life can be achieved and maintained. And the particular compound used is generally tailored to the particular needs of that individual, so there is no one formula that is prescribed to all. This is one of the goals of the Alkaline Diet, to teach you how to mix different foods together to suit your particular needs.

Herbal medicine or herbalism as it is frequently referred to, consists of using the roots, berries, flowers, bark, leaves, and seeds of the plants to create a product that is used for medicinal purposes. These concepts go along with the concepts of the Alkaline Diet. While the use of herbal medicine fell out of favor in some industrialized countries in recent years, it is beginning to come back into favor. With the rise of the Alkaline Diet and the teachings of Dr. Sebi, the world is beginning to see the sense behind the use of plants and plant-based products to keep themselves healthy, the way traditional medicine has taught for centuries.

You will find many benefits to using herbal medicines besides the medicines themselves. Herbs will rarely have harmful side effects when they are used in the proper dosage, while many prescription medicines have adverse side effects that are often worse than the condition that they are trying to treat. Medicines that are made from herbs will use the natural healing process of your own body to treat chronic conditions. The herbs you will be using are simply ingredients that are already made by your body. And herbal medicine is quite inexpensive, where modern medicine can be very expensive. Herbs are generally available almost anywhere. Some of the more simple herbs can be grown at home as people do in less industrialized parts of the world. You might not always know when you have already used a topical form of herbal medicine, but if you have ever used a lotion with aloe vera gel as one of the ingredients, then you have used an herbal remedy. Things that you might use every day will have medicinal properties.

- Ginseng is taken as a tea to relieve respiratory and digestive issues.
- Anise seed is made into tea to relieve chest congestion.
- Basil eaten with food will help to settle a digestive upset and will help to improve a sluggish appetite.
- Black pepper will stimulate your taste buds, stimulate your digestive systems so it will perform more efficiently, and will help to clear out congestions of the lungs and sinuses.
- Cayenne pepper will stimulate your basic metabolic rate and help reduce bad cholesterol in your blood.
- Chamomile is gentle enough to use daily. As a tea it will help you sleep, and when added to your bath it will help you relax, and it will also help to soothe tired muscles.
- Cinnamon will help to relieve heartburn and bloating, and it might help to reduce your blood sugar levels.
- Coconut oil helps to increase your energy levels and to balance your hormones.
- Cranberry makes a delicious tea that will help to prevent tooth decay and relieve problems in your urinary tract.
- Echinacea tea will help prevent or treat infections of your throat or mouth and will also help relieve the symptoms of colds and sinus congestions.
- Eucalyptus tea will help to clear out congested lungs and sinuses, and it can also help to relieve the pain and stiffness that is associated with arthritis.
- Olive oil will reduce the risk that you will develop cardiovascular disease.
- Peppermint is a delicious herb that will help relieve gas and bloating, chronic indigestion, headaches, and muscle aches.
- Pumpkin seeds have compounds that will help to heal skin irritations.
- Rosemary can be used to season your food or made into tea. Either way, it will help relieve arthritis pain and muscle aches.
- Sage used in your recipes will help with your digestive issues, and if you make it into tea, it will help relieve fevers and symptoms of the common cold.

- Sesame will help your body to have lower blood pressure and lower bad cholesterol.
- Thyme will make your food taste great while it helps to calm your coughing or ease your lung congestion.
- Turmeric has long been known to relieve inflammation.

You can easily add more herbs into your daily diet so that the foods that you eat will help heal your body while they are making your food taste wonderful. Every time that you go to the grocery store, you should check out one or two new herbs that you have not tried before. When you make it a habit to buy herbs on a regular basis, then you will be creating the habit of using them in your recipes on a regular basis. You might even want to try your hand at growing an herb garden, even if it is just a few pots of herbs sitting in the window of your kitchen. Even someone who lives in an apartment can find space to grow a few herbs. And if the fresh herbs are right there where you are cooking, then you will be more likely to use them regularly. And fresh herbs will have more of the compounds that will make your food taste good while they heal your body.

If you buy your herbs in bulk, you may find that you will save time and money in preparing them. When you buy the herbs, plan to prepare them all at the same time. If you are trying to chop the herb and it won't easily chop, then it might not be dry enough. It is an easy matter to save leftover herbs and extra herbs. One excellent way to store herbs is to freeze them into ice cubes. This method will serve two purposes. It will give you a way to safely store the herb, and it will give you frozen herbs in ice cubes to add to your morning smoothies.

Herbs help promote a relaxing environment so your body will give support to your mental, emotional, and physical rejuvenation and stability. Herbs will set the foundation for the healing of illness and disease and with helping to prevent chronic diseases from ever developing. Herbs can be used in many different combinations to give assistance to the same area of the body or to fight the same condition. Herbs can assist with the health of a wide array of conditions and can be beneficial to several organs all at once. This is good because no organ in your body works by itself, but all of your organs and systems are interconnected in some way. When you combine herbs to set a target at a specific illness or a particular area of the body, it

will increase the overall effectiveness of the herb in its ability to heal your body. Herbs are an important part of the Alkaline Diet.

Conclusion

Thank you for choosing this book, *Dr. Sebi Alkaline Diet* , and hopefully, it gave you all of the information that you need to know to assist you in getting started on your own path to good health.

It is easy to heal your body with herbal medicine and the Alkaline Diet by following the few simple rules that Dr. Sebi set out in his guidelines.

- You need to eat alkaline foods regularly as part of your daily diet and try to eat only plant-based foods.
- You need to drink at least one gallon of water every day. This will help keep you hydrated and will also work to flush toxins out of your body that the alkaline foods are releasing.
- You will not be consuming any product that is made from any animal.
- You will not drink alcoholic beverages.
- You will consume the grains that grow naturally as listed in the food list, and you will avoid all products that come from wheat.
- You will not eat fruits that do not have seeds.

Follow these guidelines, eat healthy foods that come from plants, and you will be successful. The recipes in this book will get you started on menu plans for healthy eating. After you have tried them, feel free to create your own delicious recipes using the foods of the Alkaline Diet.

And if you found this book enjoyable and it was helpful to you, then a good review on Amazon will be greatly appreciated.

Description

Are you struggling to lose weight? Are you finding it more difficult just to get out of bed and make it through the day, every day? Do you lack the energy that you need to function properly? Is your health failing you? Are

you the victim of chronic diseases that just won't go away? If any of this sounds like the life you are living, then you need this book in your life right now.

Many people do not realize that the very food they consume on a daily basis is what is making them sick. When you fill your body full of highly processed foods, sugary foods, starchy foods, and foods that are full of animal proteins, you are consuming a diet that is setting you up for failure. Because none of those foods will give you the nutrition that you need to heal your body. None of those foods will give you the nutrition you need to have the energy to get through the day. None of those foods are good for you in any way.

The Alkaline Diet is good for you, and this book, *Dr. Sebi Alkaline Diet*, will show you how to use the Alkaline Diet to your advantage.

The Alkaline Diet has all of the foods that you need to heal your body. It is based on a diet of healthy plant-based foods that are good for you. These plant foods will provide many different benefits to your body, which will include

- Weight loss
- Decreased inflammation
- Decreased pain and stiffness
- Improved digestive processes
- Better overall health and vitality

And the Alkaline Diet will accomplish all of this with delicious foods that can be made into an infinity level of menu options, so you will never be bored with the food you are eating. You will enjoy foods that are

- Filling
- Spicy
- Sweet
- Aromatic
- Delicious and nutritious

The Alkaline Diet will outline those foods that will help you to achieve your health-related goals without sacrificing the needs of your palate. Many diets will bore you with their intense restrictions and boring food choices,

but the Alkaline Diet is not like that. And *Dr. Sebi Alkaline Diet* will teach you just how easy it is to use the food you eat to improve your life. You will learn how food will suppress your appetite, improve your digestion, and help you sleep better.

Followers of traditional medicine have used food-based remedies for centuries. Even the ancient peoples of the world knew that food could heal you or it could make you sick. You will no longer need to continue consuming a diet that is harmful to your body, when there are so many choices you can make that will make you healthy and well again. The health benefits of the Alkaline Diet will show you just how good your food can be for you once again.

And the section with recipes will get you started on your own path to good nutrition. You will learn just how easy it will be for you to create delicious menu items full of beneficial foods that your whole family will love. Everyone can enjoy eating the foods of the Alkaline Diet, so this book, *Dr. Sebi Alkaline Diet*, is the only book that you need in your life right now. Purchase this book now and get started on the path to the new you.